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Food, Page 1C



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Granite City Journal

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VOLUME 20, NUMBER 62

WEDNESDAY, AUGUST 7, 1996

FIFTY CENTS



Sliding — Denise Jackson holds onto her son, Ben, 2, while taking the plunge on the waterslide in the Granite City Park District's Municipal Pool in Wilson Park. More photos on Page 2A.

(Staff photo by JOHN FRESI)

'Eyes of live monsters'

**Van Zandt tells
SIUE grads
about career**

By Scott Cousins
Staff writer

The former FBI agent who helped track down the Unabomber told SIUE graduates that to be successful they needed four traits: honesty, love and dedication, respect for others' points of view and tenacity and conviction.

Clinton Van Zandt, a former Granite City resident and a 1971 graduate of Southern Illinois University at Edwardsville, was the speaker for the summer commencement at the university Saturday.

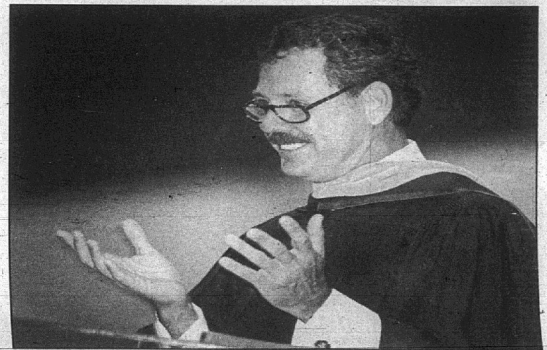
After retiring as the FBI's chief hostage negotiator in the Behavioral Science unit in 1995, he started his own security consulting company.

It was his firm's analysis of private letters and the Unabomber manifests that helped lead to the arrest of Theodore Kaczynski, who has since been indicted.

"The only thing in life I ever wanted to do was be an FBI agent," Van Zandt told the graduates. "That was my goal, my ambition, my very dream since I was a young teen-ager."

Van Zandt, who received a degree in sociology from SIUE, said he loved "almost every minute" of his 25-year career with the FBI.

"I've had to look into the eyes of



(SIUE photo)

Clinton Van Zandt speaks to new graduates at Southern Illinois University at Edwardsville on Saturday.

dead men and live monsters," he said. "I've had my very soul shaken by witnessing man's inhumanity to man, but I never lost hope."

"As the FBI's chief hostage negotiator, I've had to watch bank tellers — totally innocent women — be killed by bank robbers before my very eyes," he said. "I debated Christian principals with David Koresch of the Branch Davidians at

Waco."

He said Koresch attempted to explain how the Bible gave him the right to have sex with young children, and also claimed to be the Christ.

"Koresch challenged my very Christian walk, but my faith is not something that a man like Koresch (See VAN ZANDT, Page 4A)

Pontoon OKs deficit budget

By Scott Cousins
Staff writer

A budget of \$2.34 million for the 1996-1997 fiscal year was approved by Pontoon Beach trustees at a special meeting last week.

The budget includes a projected deficit of \$217,758.25.

Spending for this fiscal year, which began May 1, is projected to be \$178,750 — or about 12 percent — higher than last year.

Most of the increase is in the general fund, which pays for most of the village's day-to-day expenses.

The general fund budget increased to about \$1.9 million from \$1.69 million.

That includes a \$90,000 contingency fund.

The two biggest items in the general fund are the police department at \$871,400 and contractual services at \$455,000.

Showing increases were the Illinois Municipal Retirement Fund/Social Security fund — to \$125,000 from \$95,700 — and the tax increment financing fund — to \$275,000 from \$225,000.

There was no increase in expenses in the tourism fund, budgeted at \$25,000, and the motor fuel tax fund decreased to \$90,000 from \$100,000.

"I think it's a good budget; the committee worked hard on it," said Trustee Gus Falter, chairman of the Finance Committee.

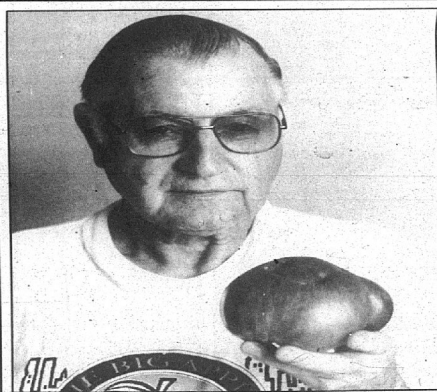
Falter said the deficit figures may be somewhat misleading.

"We don't plan to be in the red at the end of the year," he said.

He said the village will probably receive at least an additional \$100,000 in revenue because of a census planned for mid-August.

The village is paying for a special count by the U.S. Census Bureau.

"We ought to have some (See BUDGET, Page 4A)



(Staff photo by SCOTT COUSINS)

Winner — Steve G. Horvath, 78, of the 1700 block of Spruce in Granite City, was this week's winner of the Journal Newspaper's annual Big Tomato Contest. His prize-winning tomato weighed two pounds, four and one-half ounces.

Newsboys edition to list kids' choices

By Jean Abernathy
Staff writer

Choosy children choose... hamburgers or pizza... chocolate or vanilla... dogs or cats... The Point or The Pig?

Kids of all ages will have the opportunity to participate in the second annual Children's Choice Awards which will be published in this year's Old Newsboys Day special edition of the Suburban Journals.

Simply complete the

questionnaire which will found beginning in the Aug. 14 editions of the Suburban Journals. Children in two categories — ages 12 and under, and 13 to 18 — will vote on such things as the best pizza in St. Louis, as well as their favorite ice cream flavor, movie, radio station, pet, actor and singer.

It only makes sense to make kids the focus of the Old Newsboys Day edition. After all, Old Newsboys Day funds

have been benefiting children in the bi-state area since 1957. Over the years more than \$5.7 million has been raised and distributed to local children's charities. Last year alone, Old Newsboys Day raised \$182,000.

To see the results of the Boardman's Choice awards, purchase an Old Newsboys Day Suburban Journal from a volunteer on Nov. 7. Every penny paid for the paper goes to children's charities.

(See NEWSBOYS, Page 4A)

Assessments to be published

The quadrennial assessments for property located in Granite City, Venice, Nameoki and Chouteau townships will be published in the Thursday, Aug. 8, issue of the Granite City Press-Record.

In the Journal

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5 FULLER'S FORECAST

John Fuller, Chief Meteorologist, KSDK-NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Irwin Chapel

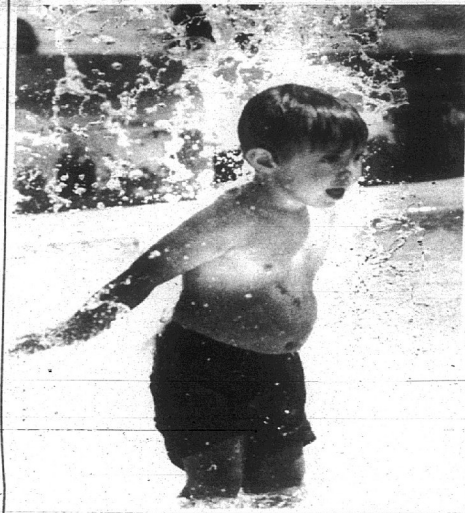
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Cool down — The Granite City Park District's pool at Wilson Park has been getting a workout recently with the arrival — finally — of warm weather. Above, Shane Sheppard, 5, stands under the waterfall in the pool. Below left, Kyle Sheppard, 3, cools off under the waterfall in the shallow end of the Granite City pool. Below, Katie Toussaint, 13, surfaces after splashing down at the end of the waterslide.



(Staff photos by JOHN FRESE)
Lindsey Harrison, 6, nears the end of the chute on the waterslide.

Belleville man may face numerous abuse charges

By Rosemary Hicks
Staff writer

Area law enforcement agencies are investigating a Belleville man who they say may have sexually assaulted up to 50 St. Louis and Metro East boys.

Danny Schwab, 29, who has lived in the 100 block of West Main Street in Belleville since May 1996, is facing three separate charges of sexual abuse of children.

The incidents occurred between January and May, law enforcement officials said. Schwab was in custody Monday at the St. Clair County Jail on \$500,000 bond.

Two of the victims were under 13, which qualifies Schwab to be prosecuted under Illinois' new sexual predator law. The boys were ages 9 through 12. The law, passed in 1995, makes the offense a class X felony carrying a sentence of six to 30 years in prison without probation.

In the third case, involving a 16-year-old, Schwab was charged with aggravated criminal sexual abuse, a class two felony.

One victim is a Caseyville resident, while the other two are from Belleville.

Interviews with the three victims have led investigators to believe there are many more victims in the city of St. Louis, St. Charles County and the Belleville area. St. Clair County State's Attorney Robert Haida said Monday.

"Information we have received from the victims leads us to believe there could be 40 to 50 other victims," he said. "The city of St. Louis is a location where this may have occurred and he was convicted of sexual abuse, a misdemeanor, in 1988 in St. Charles County, Mo."

Haida, the Belleville Police Department and the Illinois State Police Strategic Investigative Response Team want anyone who was a victim of Schwab to contact investigators.

"We are asking anyone who might have had contact with (Schwab) to contact the Belleville Police Department immediately," Haida said.

Schwab is a white, with blue eyes and brown hair. He weighs 160 pounds and is 5 feet

10 inches tall.

Several anonymous telephone calls tipped the Belleville Police Department to Schwab. They began to investigate immediately, Belleville Detective Mike Boyne said. Police said Schwab came into contact with the young victims at a popular hangout in downtown Belleville.

"(Schwab) would walk up and start talking to the boy — befriend him and things would take place after that," Boyne said. "Information leads us to believe he might have used pornography."

Haida refused to say whether drugs were involved in the incidents.

Haida also announced Monday that he is currently pushing for change in Illinois' sentencing laws against serial sexual predators.

Anyone with information about Schwab is asked to call Belleville Police Detective Mark Krampf at 618-234-1212, Special Agent Walter Moseley of the Illinois State Police at 618-346-3712 or St. Clair County State's Attorney Robert Haida at 618-277-3892.

Bible school set

Central Free Methodist Church, 4150 South St. in Pontoon Beach, has announced plans for its Vacation Bible School Aug. 7-9, according to the Rev. Bobby Samuel, pastor. School will be held from 6 to 8 p.m. each day.

A picnic will be held from 5 to 7 p.m. Saturday, Aug. 10, on the church grounds.

The theme of the school will be "Go For the Gold: Discover God's Winning Ways." The daily schedule will feature crafts, recreation, refreshments, Bible games, Bible stories and skits.

The school is open to all children in the area from age 3 through sixth grade. At each session, these children will learn about choosing God's winning ways in such areas as honoring parents, trusting God and truthfulness.

For more information call 931-5873.

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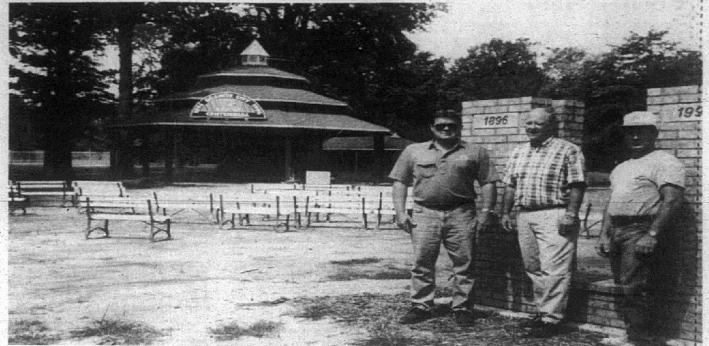
Deadline for donations nears

By Bob Slate
Staff writer

A new pavilion in Wilson Park is 95 percent complete. The three-story structure was purchased utilizing private donations and was built by union workforces, which donated about \$90,000 in labor. But while the pavilion is nearly complete, donations to the project are still being accepted by the Granite City Centennial Committee.

All individuals or groups donating \$500 or more to the project will have their names engraved on a permanent granite stone commemorating the dedication of the pavilion. But donations must be received by Aug. 15 to ensure the names appear on the monument.

Workers from carpenters, cement finishers, plumbers, laborers, teamsters, brick layers, operating engineers, sheet metal workers, ironworkers, painters and electricians unions donated labor for the project. Union contractors that donated the use of equipment on the project included Elsworth Excavating, Erlinger Crane Service, Kuberski



(Staff photo by BOB SLATE)
From left, Dave McFarland, Dave DeGonia and Roger Clutts stand near the new Granite City Centennial Pavilion in Wilson Park. The structure was built using donated funds and labor.

Excavating, L. Wolfe Co., McFarland Heating and Cooling, Rite Electric and SBI

Inc. Steel Erectors. The pavilion has already been used for a number of

community events, including the Centennial Celebration and several band concerts.

Home school group to meet

The Granite City Home Educators will begin its 1996-97 school year meetings at 7 p.m. Monday, Aug. 26, at First Assembly of God Church, 24th Street and Grand Avenue. The Granite City Home Educators is a nondenominational support group for local home-schooling families that offers planned activities for the children, plus general and legal information for parents. The meetings are open to anyone currently home-schooling, as well as those considering home education. Information packets will be available at the meeting.

'Deadbeat' snared

Alton man faces loss of driver's license

An Alton man is the first "deadbeat dad" in Madison County to run afoul of a new state law designed to make delinquent parents pay up. Richard Westbrook, 24, was behind more than \$1,900 in child support payments to the Wood River mother of his 4-year-old son, according to court documents.

As a result, the Madison County Circuit Court invoked the new "Deadbeats Don't Drive" law and recommended July 23 that the Secretary of State's office revoke Westbrook's license.

The court also recommended last week that a second parent, Peter Shardin of Caseyville, lose his license.

Assistant State's Attorney Christine Kovach said eight more "deadbeats" are recommended for revocation on next Wednesday's family court docket.

State's Attorney William Haine said Westbrook's case is "the tip of the iceberg."

In fact, out of 7,000 child support cases in Madison County, 2,000 are now in court. "Deadbeats" in more than 100 cases have been warned they may lose their licenses.

"It's another tool to encourage compliance,"

Haine said. "But I'm grateful that the majority of fathers in Madison County are paying. We have a great record of compliance."

Under the new state law, effective July 1, the state can ask for revocation if it proves that the "deadbeat" parents are at least 90 days late on payments and have demonstrated "willful contempt" of a court order to pay. Kovach said the most difficult aspect of requesting a drivers license revocation is proving willful contempt. To do so, the state must show that the defendant has been working, and making money while refusing to pay child support.

Westbrook reportedly met both requirements after support payments were ordered in 1992 for his son. A circuit court judge warned him on June 10 to pay at least \$100 before July 23 or face revocation. The revocation was recommended on July 23.

A hearing on Westbrook's status has been set for Sept. 25 in the courtroom of Madison County Associate Judge Lola Maddox.

— From The Telegraph

2 arrested on drug case warrants

By Scott Cousins
Staff writer

Two Madison men were arrested on drug-related warrants Sunday by the Madison police, and a third man is facing charges after an unrelated arrest.

William A. Jenkins, 19, of the 200 block of Baume Avenue and Raymond E. Hunter, 35, of the 200 block of West Second Street, were both arrested on outstanding warrants Sunday.

Jenkins was wanted on a Madison County warrant for possession of controlled substance and a warrant for failure to appear on a criminal damage to property charge.

He was arrested in the 400 block of Washington Avenue. While he was being searched, officers allegedly found chips of suspected crack cocaine. Additional charges are pending.

Hunter was arrested in front of a house in

the 200 block of West Second Street in Madison. He was wanted for unlawful possession of a controlled substance and failure to appear on charges of driving an unlicensed vehicle.

In an unrelated incident a Granite City man was arrested on several outstanding warrants and is facing additional charges after a traffic stop Saturday. Paul H. Dale, 39, of the 600 block of Barkely in Granite City, was wanted on three outstanding warrants for failure to appear on charges of: theft in Granite City, driving with a suspended license and no insurance out of Saline County and battery.

During a search of the car, police allegedly found an open beer bottle, a hypodermic needle and two plastic bags with an unknown residue.

Dale was also charged with driving with a suspended license, illegal transportation of alcohol and unlawful possession of a hypodermic needle.

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Band concert Thursday at new site

The fifth concert of the Wilson Park Big Band Concert Series will be held at 7:30 p.m. Thursday, Aug. 8, at a new location, 29th and State streets.

The free concert will feature Stan Fornaszewski and his Orchestra (14 piece).

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Obituaries

Sherley Harkey

Sherley Baxter "Red" Harkey II, 71, of Edwardsville, formerly of Mitchell, died at 10:14 p.m. Saturday, Aug. 3, 1996, at Anderson Hospital in Maryville. He was born May 23, 1925, and had been a resident of Mitchell for 40 years.

A welder with Granite City Steel for 40 years prior to his retirement in 1988, he was a United States Marine Corps veteran. Survivors include his wife, Della Elizabeth (Thornton) Harkey, whom he married Oct. 23, 1943; two sons, David Eugene Harkey of Granite City and Sherley Baxter "Joe" Harkey III of Mitchell; one daughter, Jodie Wofford of Granite City; one sister, Louise Wright of Kentucky; seven grandchildren; and four great-grandchildren.

He was preceded in death by his parents, Shirley Baxter Harkey I and Nellie G. (Hollingsworth) Harkey.

Services were Tuesday at Irwin Chapel in Granite City with the Rev. Ron Zamkus officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

V. Dempster

Virginia Ellen (Ehlers) Dempster, 73, of Alton died at 3 p.m. Monday, Aug. 5, 1996, at St. Clare's Hospital in Alton. She was born Dec. 20, 1922, in Alton.

Mrs. Dempster was employed with Olin Corporation in East Alton for 29 years prior to her retirement Jan. 31, 1979. Survivors include her husband, Ralph J. Dempster, whom she married Nov. 4, 1945, in Alton; one daughter, Barbara Dempster of Bethalto; and one granddaughter.

She was preceded in death by her parents, Harold and Hazel (Porter) Ehlers. Visitation is from 4 to 8 p.m. today, Wednesday, at Payne Home for Funerals, 618 E. Air-

line Drive in Rosewood Heights, where services are at 10 a.m. Thursday with the Rev. Craig McMahon officiating. Burial will be in Roselawn Memory Gardens in Bethalto.

Gloria Paulson

Gloria (Harrison) Paulson, 65, of Brooklyn Park, Minn., formerly of Madison, died Friday, Aug. 2, 1996, at her residence, following a brief illness. She was born May 4, 1931, in Madison.

Survivors include one son, Gary of Minnesota; three daughters, Diane of Florida and Debbie and Geri Lee, both of Minnesota; her mother, Fern Harrison of Granite City; and one brother, Charles R. Harrison of Granite City.

The memorial service will be held at 11 a.m. Friday, Aug. 9, at First Presbyterian Church, 22nd Street and Deimar Avenue in Granite City.

Forrest Piper

Forrest Jay Piper, 87, of Savoy, Ill., formerly of Granite City, died at 10:30 p.m. Friday, Aug. 2, 1996, at Carle Arbores in Savoy, where he had been a patient for two months. He was born March 25, 1909, in Bureau County, Ill.

Formerly employed in banking with Farmers and Traders State Bank in Malden, First National Bank in Granite City and Troy Security Bank in Troy, he was a member of First United Methodist Church in Champaign, the Kiwanis Club and the Elks Club.

While in Granite City, he was a financial secretary and served on the board of Nidringhaus United Methodist Church, past president of the Kiwanis Club and a member of several civil organizations.

Survivors include one daughter, Phyllis Robeson of Champaign; two brothers, Orville Piper of Princeton; one sister, Bernice Nord of Princeton; and two grandchildren.

He was preceded in death by his wife, Minnie Margaret (Englund) Piper, whom he married Aug. 16, 1931, in Malden, and who died July 4, 1991; one daughter, who died in infancy; his parents, Warren Jay Piper and Ruth (Hensel) Piper; two brothers, Verle and Delbert Piper; and one granddaughter, who died in infancy.

Services were Tuesday at Norbert Memorial Home in Princeton, Ill., with the Rev. Robert Milligan officiating. Burial was in Oakland Cemetery in Princeton.

Memorials are requested for Windsor of Savoy, Carle Arbores or First United Methodist Church in Champaign.

Honor society inducts 90

Ninety students at Southern Illinois University at Edwardsville were recently inducted into the campus chapter of Phi Eta Sigma. Phi Eta Sigma is a freshman honor society with chapters at some 250 universities and college campuses across the country. Requirements for membership include freshman status and academic achievement.

Local inductees include: Caseyville: Eileen Singleton.

Collinsville: Mary Elliott, Patrick Hill, Anna Pugh, Jennifer Strube, Milum Trivette.

Edwardsville: Cheralo Barr, Robin Driesner, Stephen Harrick, Kletie Klette, Sara Madoux.

Fairview Heights: Jeanine Martignon.

Glen Carbon: Michael Beckett, Rachel Donnay, Elizabeth Marsh.

Granite City: Erica Alsop, Amy Austin, Tiffany Boyd, Joseph Falbe, Scott Kratzer, Amy Lamm, Suzanne Lerch, Ann Rosenburg, Debra Zettl.

Lebanon: Christopher Gigliotti.

Madison: Joseph Gajowski III.

Marion: Joseph Gajowski III.

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Faulty water tap cited in explosion at plant

By Scott Cousins
Staff writer

A faulty water tap is being blamed for an early-morning explosion in a blast furnace at the Granite City Division of National Steel Corp. over the weekend.

Nothing was injured and damage was minor, but the blast furnace will be shut down for several weeks while repairs are being made, company spokesman Bob Maxwell said Monday.

The explosion happened at about 5:30 a.m. Saturday in the B blast furnace, located off Exhaverdville Road.

"A lot of people heard it," Maxwell said. "But a lot of people slept right through it."

Maxwell said a water tap near the blast furnace had apparently developed a leak. The

water became trapped under some liquid iron in the blast furnace, turned to steam and caused the explosion.

When water and liquid iron get together it is not a good situation," he said.

The company's fire department responded to the scene, but there were no injuries.

"It was extremely fortunate that there was nobody around to be injured," he said. "It was just one of those things."

He said the damage was not extensive "but repairs are going to take two to three weeks."

It is the second explosion in that part of the complex in the last few months.

In June there was a natural gas explosion in a pump building near the plant entrance. Pipe-fitters working in the building at the time noticed a gas leak and were able to evacuate before the explosion.

Big Brothers plans house raffle

By Deb Cooper
Staff writer

The Big Brothers Big Sisters of Northwestern Illinois is offering residents an opportunity to win a huge prize while helping area children during the second annual house raffle.

A \$200,000 State Construction home or \$120,000 in cash will be the first place prize. Forty-four other prizes including \$5,000 second prize and \$2,500 third prize will be awarded.

To be eligible for the house raffle, you have to purchase a \$100 certificate.

The home will be built by State Construction in Forest Hills, a Rich Gratz development in O'Fallon.

Winner may elect to receive a two-story Carolan model home containing 3,000 square foot, four bedrooms, two and one half baths, with a family room and living room.

According to Barbara Cempura, director of Big Brothers Big Sisters, the raffle held last year was very successful.

"We sold out all 3,200 tickets. We expect to do the same this year. In fact, we are already selling certificates," she said.

Other sponsors of the event are Protection Alarm Security Specialists, 1260 WVBV AM Radio, Ameritech and Charter Communications.

Cempura said funds raised from the house raffle area used to recruit, screen and train new volunteers for the Big Brothers Big Sisters.

She said currently 190 children are waiting to be paired with a mentor and friend.

Big Brothers Big Sisters serves children in St. Clair and Madison Counties. For more information about the organization or to buy a raffle ticket, call 398-3162.

•Budget

(Continued from Page 1A)

more revenue," he said. "It depends on what happens."

Because of annexations and growth within the village since the 1990 census, officials have said they expect to have at least 1,000 more people count-

ed in a census than shown in 1990.

Falter said each additional person will mean about \$85 to \$100 in additional revenue. He added that he expected more than 1,000 new people for the village.

•Newsboys

(Continued from Page 1A)

Purchasing a newspaper isn't the only way to help. Volunteers are needed to sell Old Newsboys Day newspapers or to help with paperwork in connection with Old Newsboys Day.

To sign up, call the hot line at 821-0211. Leave your name, telephone number and street corner preference, if applicable, and someone will call to you.

The Old Newsboys Day grants will be awarded to children's charities in late November. Priority will be given to charities that request money to meet the basic needs of children — items such as diapers, play equipment and books.

Children's charities interested in receiving an Old Newsboys Day grant application should send a self-addressed, stamped envelope to: Old Newsboys Day Funding Request, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo., 63131. The deadline for submitting an application is Oct. 9.

•Van Zandt

(Continued from Page 1A)

could shake," Van Zandt said.

"I do know I will never forget the faces of the children who died in that fire."

Van Zandt became involved in the Kaczynski case when a private investigator from Chicago asked him to compare the Unabomber's 35,000-word manifesto and two personal letters. The letters apparently were provided by Kaczynski's family.

The analysis by Van Zandt's firm indicated a high probability that the letters were written by the same person.

Van Zandt told the graduates they were entering an exciting time, a challenging and dangerous time, as exemplified by the recent bombings across the U.S. and overseas.

He also said everybody needs to be careful about what they say, and gave a personal example.

Because of his involvement in high profile cases, Van Zandt is a frequent guest on television news shows. Once Larry King asked him what to do if someone receives a suspicious package.

Van Zandt said he gave the standard answers, but King kept pressing him.

As Van Zandt watched his sons laughing off stage, he said: "You could have your children open the package."

"I realized what I had done, and I was psychologically grabbing at those words as they shot out of my mouth, but they were gone," he said.

"Ladies — and gentlemen, always watch your words, and don't let your mouth get ahead of your brain in this life."

He talked about the coming of the new millennium and the traits college graduates would need.

The first was honesty.

"No matter what you do, no matter where you go, no matter what identity you assume, continue to cultivate and maintain a sense of honesty while demanding the same of those around you," he said.

"You're word must be your bond and your word must be known by your word. There will be times that is all you have."

He said Kaczynski, the alleged Unabomber, lost his sense of intellectual honesty.

"He purposefully gave up contact with society, and retreated to a point where the only person he had to test the balance of his ideas against was himself, and he always agreed with himself," Van Zandt said.

The second trait was love and dedication, exemplified by

marriage.

He said half of all marriages end in divorce, leaving children without a positive male role model.

"Fatherless young men are forced to pattern their lives after a few highly paid athletes, drug dealers or drunk politicians," he said.

"Men, and, of course, women, need to consider marriage one of the most important decisions," he added. Once you have made this critical decision, love that person no matter what happens, no matter how few highly paid athletes or politicians you have.

"The third trait was respect for other people and their points of view."

"Our society debates winning and losing, rather than finding common ground," he said. "We can no longer blame society for the wrongs committed in the name of blame."

He said in today's society, laws are more complex, but all come from the same source.

"The 10 simple thou shall nots are still basic to our moral code, but we have watered them down to make them

appear more socially correct," he said. "Let's get back to basics."

Finally, he told the graduates they needed tenacity and conviction in life.

"Never quit learning, never quit trying, never accept less than the very best of yourself," he said.

He also said leaders are not quitters.

"Great leaders, besides never quitting, also never cried uncle," he said. "They are the ones who set the highest examples, the ones who broke the mold."

"True leaders are inspiring because they are inspired, they are caught up in a higher purpose devoid of personal ambition," he said. "Set your sights, never surrender your dreams, without conviction you can have no direction, and without direction there can be no dream."

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Tax seminar for businessmen

Small business owners can have their tricky tax questions answered at a Small Business Tax Seminar from 8 a.m. to 4 p.m. Sept. 26 in Belleville Area College's Marsh Conference Room.

The seminar is co-sponsored by BAC's Center for Training Innovations (formerly the Business Assistance Center), the Illinois Department of Revenue and the Internal Revenue Service. The seminar's cost is \$20.

Participants will learn how to compute net profit and loss for a sole proprietor and various record-keeping functions from an IRS representative. A state Department of Revenue representative will cover sales tax forms and requirements and other general problems.

For more information or to make a reservation, call BAC's Center for Training Innovations at 235-2700, extension 201 or 202, or 1-800-BAC-5131, extension 201 or 202.

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Second group backs northern bridge route

By Scott Cousins
Staff writer

The Leadership Council Southwestern Illinois is the second group to endorse the northern route for a proposed new bridge across the Mississippi River.

The council's board of directors voted Friday to unanimously endorse the northern crossing.

In July Downtown St. Louis Inc. became the first group to officially endorse the northern route.

"The Leadership Council Southwestern Illinois' support of the northern (bridge) stemmed from its ability to address all of the issues," said Executive Director James R. Pennekamp.

"A new Mississippi River bridge at St. Louis is critical for continued economic development in the St. Louis region," he said. "There are less lanes crossing the river today than there were when the Poplar Street Bridge opened and the number of vehicles crossing the river continues to increase. This bridge must be built."

Pennekamp said air quality was also another major issue. "We're currently listed by the U.S. Environmental

Protection Agency as a moderate ozone non-attainment area," he said. "Part of the reason for our poor air quality is traffic congestion."

"A new bridge would reduce congestion and reduce air pollution because traffic moving slowly generates a great deal more pollution than traffic moving at the speed limit," he said.

The Leadership Council's decision came after a presentation of alternatives by Dale Klor, district engineer for the Illinois Department of Transportation.

The northern route would tie Illinois 203, Interstate 55/70, I-64 and a relocated Illinois 3 on the East Side to 14th and Tucker streets and I-70 in Missouri.

The southern route would connect I-255 near Mousette Lane to I-65 south of the MacArthur Bridge in Missouri.

The northern route would have a major impact on Madison County, even though it would be located in St. Clair County. The new bridge is one of the major goals of local elected officials service on the Madison County long range transportation plan committee.

Another beneficiary of the northern bridge would be the city of Madison.

The northern route would dump traffic into the city's newly-established tax increment financing district between an expanded Gateway International Raceway and a proposed \$8 million, 27-hole golf course.

Both bridges would cost about \$550 million and take at least 10 years to complete. The northern bridge would be slightly more expensive, but have a greater impact on traffic.

KSHE-FM, Red Cross team up for blood drive

The American Red Cross and radio station KSHE-FM (94.7) are teaming up for a blood drive from 9 a.m. to 7 p.m. Friday and Saturday.

Each person who donates blood during the special drive will receive a complimentary KSHE-FM "Rock and Roll Up Your Sleeve" T-shirt.

All Missouri and Illinois residents are invited to donate blood at one of the following six locations: Belleville Area College, 2500 Carlyle Ave., Belleville, Ill.; Carpenter's Hall, 1401 Hampton Ave., St. Louis; East/Central College,

Highway 50 and Prairie Dell Road, Union, Mo.; Jefferson College, 1000 Viking Drive, Hillsboro, Mo.; Southern Illinois University-Edwardsville Fitness Center, off Route 157, Edwardsville, Ill.; St. Charles West High School, 3601 Droste Road, St. Charles.

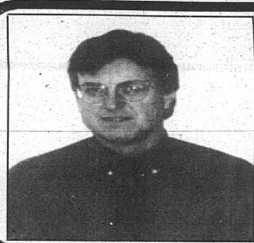
As part of the drive, there will be special appearances by members of REO Speedwagon, the St. Louis Ambush and KSHE on-air personalities. The warm weather and school and summer vacations are contributing to a decline in blood donations. All eligible blood donors are encouraged to donate blood during the event to help prevent serious shortages.

For more information, call KSHE-FM at (314) 621-0095 or the American Red Cross at (314) 658-2128.

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Nature programs scheduled

A variety of nature topics, from amphibians to attracting wildlife to your yard, will be featured in free programs this month at the non-profit Watershed Nature Center.

The 46-acre wetland area at the center was formerly used by Edwardsville, but now serves as an outdoor classroom.

"You can use your eyes and ears to observe," education coordinator Lisa McLaren said.

The center, aided by donated equipment and volunteers, is on the northwest edge of the city near the N.O. Nelson School.

Programs are as follows:
7 p.m. Thursday: Jeffrey Cappe, a naturalist from Southern Illinois University at Edwardsville, will show the variety of amphibians living in the nature preserve.

7:30 p.m. Friday: Tom Lerczak, an ecologist-biologist with the Illinois Natural History Survey, will discuss the ecology of large river systems and controversy over levee building, navigation and pollution.

7 p.m. Thursday, Aug. 15: SIUE researcher Cathy Santanello will share her latest findings on the kinds of ticks in Southern Illinois and their hosts, as well as symptoms and prevention of Lyme disease.

7 p.m. Thursday, Aug. 22: Horticultural botanist Bob Grinstead will discuss how to use native flowers and grasses in home gardens.

7 p.m. Thursday, Aug. 29: Jon Handel of the Illinois Department of Conservation will talk about landscaping to attract everything from butterflies to egrets to raccoons.

All programs will be held at the Welcome Center. For more information, call the center at 692-7578.

— From The Telegraph

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Correction

Agnes Miller was the winner of the American Homocallis Society's Sweepstakes rosette.

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Home buyer's fair set for Saturday at BAC

First-time home buyers interested in a mortgage credit certificate program sponsored by Granite City and a home buyer's program sponsored by Madison County Community Development can check out the programs at a home buyer's fair Saturday.

The fair will be from 10 a.m. to 1 p.m. Saturday in the cafeteria of the Granite City Campus of Belleville Area College, 4950 Maryville Road.

The fair is sponsored by Belleville Area College, Madison County Community Development, the Granite City Board of Realtors, the Tri-City Chamber of Commerce and the city of Granite City.

Featured will be local realtors, lending institutions, Madison County and Granite City community development agencies.

Refreshments will be available, and there will be a drawing for a color television.

"At the Industrial Training Center of BAC's Granite City Campus, I received the practical experience I needed for my business."

Raye Cox, president
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(Photo by PAM DOEPKE-HURD)
Cindy Rogers holds some of the items available at the new Diabetes Care Center at Providence Pharmacy.

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COUNTRY COMPANIES
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Center stocks items for diabetics

By Scott Cousins
Staff writer

Because diabetics need special attention and special products, Providence Pharmacy has opened a Diabetes Care Center. From candy to cough drops, the center stocks a large variety of items specifically for diabetics, said pharmacy manager Cindy Rogers. "We're going to carry all the different types of machines to check blood sugar, lotions because it's important for people for people to take care of their feet, and we have all kinds of candy, cookies that are all sugar free." A grand opening for the center was held Friday at the pharmacy, located at 204 Madison Avenue in Granite City. Rogers said about 75 people stopped in to look over the items, talk to experts or get information.

There are about 495,000 diagnosed diabetics in Illinois, according to statistics from the Illinois Department of Public Health. About half of the people with diabetes don't know they have it. In 1994, there were 2,710 discharges from hospitals due to diabetes-related causes in Madison County. Complications of diabetes can lead to heart, circulatory and kidney problems, along with limb amputations.

blindness or skin problems. "There are a lot of people who really don't know a lot about diabetes," Rogers said. "They're diagnosed with it and they are not sure about it and are scared."

According to information from the American Diabetes Association, there are two types of diabetes.

The first, insulin-dependent diabetes, is when the body does not produce any insulin, most often in children or young adults. People with type one diabetes must take daily insulin injections to survive.

Symptoms are frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability.

Type two diabetes — the most common type — is a metabolic disorder in which the body does not make enough or properly use insulin.

Symptoms for type two are any of the type one symptoms; frequent infections; blurred vision; cuts or bruises that are slow to heal; tingling or numbness in the hands or feet; and recurring skin, gum or bladder infections.

Anyone 30 or older, overweight, or with a family history of diabetes is at risk. Blacks and Hispanics are also about 50 percent more likely to have diabetes.

Ride to benefit man with kidney disease

By Mark Hodepp
Staff writer

Dennis Reeves of O'Fallon wants to live a normal life. His health, however, won't allow that to happen. Reeves, 46, suffers from a rare kidney disease that has caused his kidneys to turn into sponge-like material and has caused him to produce massive numbers of kidney stones. In fact, he typically will pass three kidney stones daily. "I pass blood really bad and my back is in constant pain," he said.

Reeves also suffers from left ear deafness and hypothyroidism, which is a deficiency of the thyroid gland.

Reeves' health is so bad he cannot work, or even lift a paper sack. He also cannot participate in his favorite sport: Tae Kwon Do. And he finds it extremely difficult to play his guitar, which he learned how to play when he was 8.

His health bills have taken a financial toll on his family, too. A Vietnam veteran, Dennis routinely has to go to the Veterans Administration Hospital in St. Louis.

Making matters even worse, Reeves' wife, Marianne, is now off work because of her broken wrist.

"It hurts," said Marianne as a tear rolled down her cheeks. "He's always telling me and the kids his pride has been taken away from him."

"It's hard to watch him hurt and suffer. I'm just going stir crazy not being able to work. I found work a great stress reliever."

In hopes of raising money for the Reeves family, the Don Lindsey Foundation is holding its eighth annual Cash River Road Ride Aug. 25.

Marianne said her husband's health is not something you fear. "But it's being scared all of the time," she said. "Is this it?"

Dennis said he is now considering selling his guitar because he needs the money.

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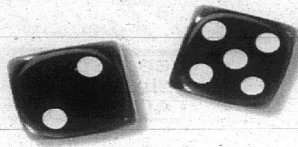
[*] 6-week class (Mon., Wed. & Fri.)
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Eden Care Center is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village also provides Apartments and Duplex homes for the active and independent senior.

Flag gifts — Members of Granite City's Italian-American Club present the Park District with two Italian flags for Civic Park. From left are Nick Petrillo, John Greco, Matt Melucci and David Polivick, Park District director. Club members said they will continue to donate two new flags every two years to the district.



(Photo by PAM DOEPKE-HURD)

Marriage licenses

The following marriage licenses have been issued through the office of Debbie Saltich, Madison County Clerk.

Jeffrey Scott Beavin, both of Granite City.

Robert Christopher Bell and Trisha Renee Wright, both of Granite City.

Carl Vaughn Cox, 2nd, and Jody Marie Marsala, both of Granite City.

Louis Raymond Dochwat and Tonya Renee Nagle, both of Granite City.

Gary Wayne Budwell of Collinsville and Tonya Faye Putney of St. Louis.

Alfredo C. Guerrero and Katrina Louise Zarate, both of Granite City.

Daniel Gene Holmes and Lori Ann Slotta, both of Granite City.

Troy Dan Huffman of Sorento, IL, and Stella Mae Cahoon of Granite City.

Robert Alan Hutchinson and Kirsten Marie Yobby, both of Granite City.

Bruce Edward Kinworthy and Diane Elaine Causey, both of Granite City.

David Patrick McCormick and Alicia Renee Gillham, both of Granite City.

Quassium Mohammad Al Jeburi and Bobbie Jo Hoercher, both of Collinsville.

Gregory A. Carrow of Collinsville and Anna Leah Baird of Edwardsville.

Alvin Coleman of St. Peters, Mo., and Marilyn Lois Bennett of Collinsville.

Paul Len Eads and Beth Ann Lane, both of Collinsville.

Thomas Joseph Grimm and Christy Kay Moeller, both of Collinsville.

Andrew Hart 2nd and Erica Lynn Walling, both of Collinsville.

John Kenneth Rice and Sheri Marie Hydron, both of Collinsville.

Bradley Vaughn Stephenson of Collinsville and Melissa Ann Bell of Valley Park, Mo.

Roberto Garcia Ruiz of Fairmont City and Lisa Kay Iselhardt of Collinsville.

Raymond Robert Moggio of Edwardsville and Susan Marie McGhee of Granite City.

William Joseph Paolucci and Sherri Dawn Suddeth, both of Granite City.

Manuel L. Pena and Connie M. King, both of Granite City.

Kristopher Lee Schmith of Belleville and Allissa Elayne Berkbigler of Granite City.

Edward Anthony Stapels and Jennifer Lee Crane, both of Granite City.

Howard Frederick Yates and Debra Darlyne Myers, both of Granite City.

Dennis Michael Meuren and April Lynn Polivick, both of Granite City.

Bryan-Keith Samuels of East St. Louis and Tanya Janeen Brown of Madison.

Scott W. Ward and Christy Lynn Carnahan, both of Granite City.

Jay Ryan Broadwater and Melinda Fay Davis, both of Granite City.

David William Brown and Kimberly Lynn Potter, both of Granite City.

Wesley Edward Doolittle and Laura Louise Ballinger, both of Granite City.

Jeffrey Thomas Dowdy and Dawn Michelle Bolvers, both of Granite City.

James Andrew Holman and

Lauri Marie Hull, both of Granite City.

Timothy Gene Maroon and Leslie Rose Marlowe, both of Madison.

Alfredo V. Mason and Brenda L. Madgett, both of Madison.

Gerald J. Mayberry and Mary Jean Sharp, both of Granite City.

Timothy Wade Gardner and Angela Dee Crowds, both of Granite City.

George Douglas Greene and Linda Darlene Lindsey, both of Granite City.

Marvin Alaus Oze Jr. of Granite City and Terri Lynn Thomas of East Alton.

The following marriage licenses have been issued through the office of Sam Flood, St. Clair County clerk.

Myron Taylor Jr. and Annette Mae Schantz, both of Granite City.

Thomas Drew Simms of Lyons, Kan., and Sandra Young of Madison.

Jesse Delane Keller and Tina Louise Sellers, both of Granite City.

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Granite City: Crossroads Plaza 451-1117
O'Fallon: Southview Plaza 322-9887
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Horoscope

Wednesday, Aug. 7
Love-planet Venus moves into the sign of the caring crab today. Suddenly, many lovers get the impulse to marry or move in together. Cancer is a visionary sign, and we are starting to wonder about the long-term implications of our relationships. Under the sensual Taurus moon, change is made slowly, so don't pressure loved ones to commit right away.

ARIES (March 21-April 19). Clarify a misunderstanding before jumping to conclusions. Competition motivates you to excel. Your fabulous timing allows you to break through a bureaucracy. Casual engagements produce exciting news.

TAURUS (April 20-May 20). You're whisked away either by romance or a promising money-making idea. Be sure to give thanks where they are due. Your observations are highly astute. Pursue things in greater depth. Capitalize on an idea.

GEMINI (May 21-June 21). Let the information you've gathered sit awhile before trying to make a decision. An admirer finds a way to probe the wall you've built. Your ability

to listen well puts you in demand tonight.

CANCER (June 22-July 22). Be exact with money and sales. Someone gives you ample reason to trust them. You're appreciated for being yourself. Make overtures, and let someone know you like him or her. Resist a temptation to overindulge.

LEO (July 23-Aug. 22). Remaining still and thoughtful provides the best insight right now. You could be inspired to do wonderful things today. Someone may need validation or approval from you. Avoid stereotyping at all costs.

TODAY'S BIRTHDAY (Aug. 7). As new experiences come your way, be more spontaneous and daring. Your newest work will appeal to a select few now, but you should feel flattered as these people are notoriously hard to please. Enjoy mass acclaim in October. Competition is tough in September, but you prevail. Romance is stunning in the late summer. Your best money months are November and May.

VIRGO (Aug. 23-Sept. 22). You reach a new

level of comfort in a love relationship. A series of challenges has allowed you to prove yourself. You have the deciding vote later in the day.



Joyce Jillson

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arts for inspiration. Others' materialism only makes you stronger. You can retain your focus while being observant. Combat listlessness with a short trip.

SCORPIO (Oct. 24-Nov. 21). A new and intriguing person takes your breath away. Spontaneity makes this day unforgettable. You're able to de-program some of the

negative thoughts that have plagued you recently. Keep your facts current.

SAGITTARIUS (Nov. 22-Dec. 21). You can learn more by taking a longer route. Your words are influential and can actually win to say. Keep financial worries at bay with a new source of income.

CAPRICORN (Dec. 22-Jan. 19). Rely on what you already know, not speculation. Public and social events are gratifying. Keep presentations simple. It's a good day to make contact with an authority figure who can help.

AQUARIUS (Jan. 20-Feb. 18). Take credit for the wonderful things you've done. You have what it takes to put words into action. Let a savior know how you feel. Settling for second best is not so bad and may actually turn out to be more exciting.

PISCES (Feb. 19-March 20). You have a backstage pass to the heart of the action. Set limits before there can be any misunderstandings. Intuition could be telling you to make a new start. A friend's mistake can enlighten you.

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Laura

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Retired Office Personnel hold meeting

The Retired Office Personnel from Granite City School District 9 met at Charlie's Restaurant, Granite City, in July. Those in attendance were

Gladys Wallace, Lucie Stucke, Vivian Hillen, Helen Fawier, Marcella Pilcher, Millie Chandler, Arlene Haldeman, Alice Campbell, Dorothy Lerner,

Candy Kawula, Lucille Caban, Helen Toncoff, Dee Yates and Wanda Hiestand of Suffern, N.Y., sister of Haldeman.

August hostess Vivian Hillen has made reservations at Rusty's, Edwardsville.

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Thursday, Aug. 8

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Friday, Aug. 9
Tuna, potato salad, sweet and sour cole slaw, wheat bread, tropical fruit.

Monday, Aug. 12

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Tuesday, Aug. 13
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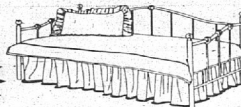
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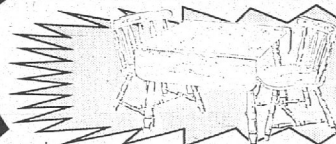
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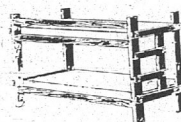
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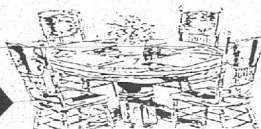


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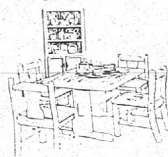
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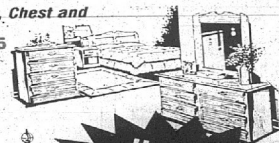


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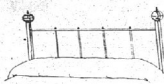


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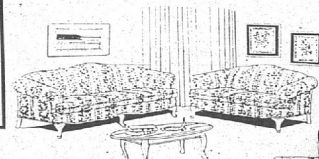
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Sports

August 7, 1996—Page 1B



Art Voellinger

Summer basketball successful

When it comes to a summer tip of my cap, here's one 'er two to Don Haida and Bill Schmidt, directors of the high school boys Snapple slam. Thanks to Haida, an assistant basketball coach at Altoona, and Schmidt, the varsity coach at Belleville West, 16 teams competed with the result being as Schmidt said: "very well received."

"We've achieved what we tried to do three years ago when we started with the boys," said Schmidt, whose interest also led to a slam for the girls.

"We wanted to maintain the interest of the players, give them a different atmosphere in which to play and allow fans and interested college coaches a chance to watch."

While there may be some opposition to an overemphasis on basketball in the offseason, Schmidt emphasizes a key ingredient.

"We want it (the Shootout) to be fun, and it comes at a time when it really isn't interfering with much since it starts on a Thursday night and is over by Saturday night."

With BAC providing two game sites, the tourney is conveniently located for fans and should attract a few more next year, according to Schmidt.

"Coaches from the NAA and junior college levels can attend, but next year we intend to seek permission from the MCAA so that coaches from its levels can watch," said Schmidt.

Such talk caused me to inquire about the IHSA rule which prohibits regular season coaches from coaching their school team in the offseason, including at the Snapple.

"There has been talk the last couple of weekends that allowing the high school coach to coach would be a way to improve things, but I've heard nothing official," said Schmidt.

"You can run clinics or camps but there are a lot of gray areas when it comes to coaching in the summer."

That's when I reminded Schmidt that prep baseball coaches, for instance, can coach an American Legion team that might include several of his school's players — a rule that resulted quickly a few years ago when the IHSA had intended to deal with baseball and basketball coaches the same way.

I also reminded Schmidt of the Chicago area prep summer baseball leagues that are coached by the same person as in the spring.

"I think they do things differently up North than we do down here," said Schmidt, who recalled his own prep days when he played basketball on his own during the summer mornings and baseball in the evening.

"I don't know if players

Injury leaves Bucherich on comeback trail — again

By Rob Raphael
Staff writer

Paulie Bucherich got to travel with his teammates on the Scott Gallagher 19-under soccer team, and he was there when the team won the national championship.

The only thing Bucherich didn't get to do was play, as he's instead recovering from his second major knee surgery in the past two years.

Bucherich, 19, was a stand-out forward for the Granite City Warriors for three years, and played well as a senior in the fall of 1994 despite a heavy brace on his right leg.

College scouts could see through that brace, as Bucherich eventually received a scholarship to play soccer at the University of Alabama at Birmingham.

But in just the second game of the season last spring, Bucherich severely injured his good knee — the left one.

"It was the ACL (anterior cruciate ligament) again," Bucherich said. "Now I've had both knees reconstructed. But, they should eventually both be stronger than they were before."

Gallagher captures title

By David Benson
Staff writer

Emotions were bubbling over for the Scott Gallagher under-19 boys soccer team on Saturday afternoon. There was euphoria. There was satisfaction. But perhaps most of all, there was a sense of relief.

Scott Gallagher defeated F.C. Delco Force (Pa.) 1-0 at Kuntz Memorial Stadium in Indianapolis to win the U.S. Youth Soccer Association's boys under-19 championship — and in the process, the players put to rest once and for all any questions about their team's national potential.

"When the final whistle blew and you saw everyone running out on the field," said coach Mike Gaudin, "the expression on those faces was, not even so much of excitement, but more 'Gosh, it's over. We finally won this thing.'"

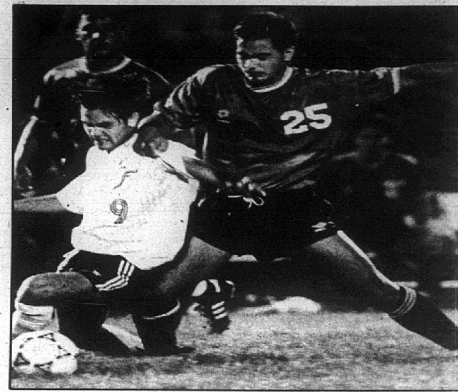
Finally, after years of playing together in the Scott Gallagher Soccer Club, this team — which features local standouts such as Ben Bocklage (Chaminade grad), Mark Filla (Aquinas-Mercy), Kevin Kallah (Aquinas-Mercy) and Pat and Mike Moriarty (CBC) — was able to win that elusive national title.

(See TITLE, Page 3B)

So once again, Bucherich is on the comeback trail. A familiar path, but one he definitely wants to travel again.

"I guess I just love soccer," he said. "At least I know what to expect this time. I've been through it once before, so I know I can do it again. It's a lot of work, though."

It was hard times for Bucherich after the injury, as he was far away from his friends and family in Granite City.

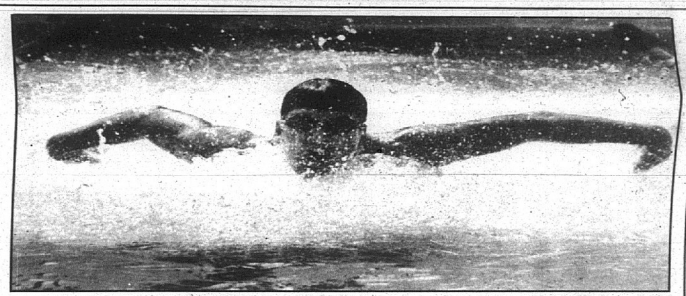


Paulie Bucherich, right, fights for the ball in a game against Collinsville's Shane Hanson.

"My teammates were there for me, and that helped. Also (former teammate and good friend) Matt Cook came to visit me, and that really helped. It was tough for a while, but I knew I could handle every-



Padding hard — The Paddlers swim team competed in the Southwestern Illinois Swimming Association meet Saturday at their home pool. Above left, Scott



Scharden competes in the breast stroke; above right Zach Shure swims the butterfly. Look for meet results in Thursday's Press-Record.

Speedway hosts NASCAR Getaway

Tri-City Speedway in Granite City will present a "NASCAR Getaway" this Saturday night, Aug. 10.

The Getaway will send two pairs of lucky race fans to the NASCAR Winston Cup Mountain Dew 500, to take place in Darlington, S.C. during the Labor Day weekend on Sunday, Sept. 1.

Tri-City Speedway, ESPN and radio station KIX 106 will sponsor the trip, which includes race tickets, airfare and hotel accommodations.

For the past eight weeks, two fans attending the weekly Pepsi Racing Series each Saturday night have qualified to be eligible to win one of the grand-prize trips.

The second trip will be

Reversal of fortune: O'Fallon bests Bloomington for title

By Brian L. Jones
Correspondent

O'Fallon's state championship in Junior American Legion baseball was an almost eerie case of reverse déjà vu.

Post 137 hosted the double-elimination tournament at O'Fallon City Park and won the title Sunday with a 2-1 victory over Bloomington.

Bloomington hosted the state tournament last year and beat O'Fallon by the same 2-1 score. In fact, Bloomington's starting pitcher Sunday, Andy Stone, beat O'Fallon in the 1995 title game.

Even Edwardsville Post 199 was a repeat winner of the third-place trophy. O'Fallon had last won the state tournament in 1992, when current Post 137 assistant coaches Brian Funk and Scott Seipp played for that team. Danny

Blazier Jr. has managed both teams to state glory.

"It feels real good to be state champs," said Danny Blazier Sr., one of his son's Post 137 co-managers, along with his other son Brian. "I was getting a little nervous there in that seventh inning, but it was fun. It's quite an accomplishment, because it takes a long, long summer to get here. To be able to do this is just fantastic."

Bloomington Post 58 lasted three of the four tournament days, going 2-2 to place fourth with a final record of 26-16. The last four team places in order went to Chicago Lombard (1-2), Springfield (3-2), Jacksonville (0-2) and Collinsville (0-2).

Bloomington lost 11-3 to Bloomington in its tourney opener last Thursday, but then smashed Collinsville the same

day with a 10-0 victory in five innings. The Hilgards then won Friday against Lombard, 1-0, before getting eliminated Saturday in a 6-5 loss to Bloomington.

"I wasn't here the first game, but we played very nervously from what I heard," said Bloomington manager Gary Gansmann. "The last game we lost, we basically gave it away to Bloomington. We left 12 runners stranded on base. But I'm still proud of my kids because there's nothing to be embarrassed about finishing fourth in the state — Illinois. I'm also proud that O'Fallon came out of our area and out of our (District 22) league."

O'Fallon went 4-0 at state with wins Thursday over Jacksonville (12-5), Friday over Lombard (8-4) and Saturday over Edwardsville (6-2). They

Junior Legion

O'Fallon 2, Bloomington 1

O'Fallon	ab	r	h	bi	Bloomington	ab	r	h	bi
Buescher, cf	4	0	1	0	Cantrill, 2b	3	0	1	0
Routh, rf	1	2	0	0	Francis, cf	0	0	0	0
Brown, 1b	0	0	0	0	Schmidt, 3b	3	0	0	0
Volting, c	0	0	0	0	McNitt, 3b	0	0	0	0
Wood, ss	0	0	0	0	Charles, 1b	0	0	0	0
Maher, lf	0	0	0	0	Marlin, rf	0	0	0	0
Mont, 3b	0	0	0	0	Hamer, c	0	0	0	0
Seto 2b	0	0	0	0	Entinell, ss	2	0	0	0
Totals	18	2	2	2	Totals	24	1	2	2

O'Fallon: 000 000 0 1 — 2
Bloomington: 000 000 1 — 1

2B — O'Fallon: Brown, 3B — None, HR — None, BB — O'Fallon: Woods.

O'Fallon	IP	H	R	ER	BB	SO
Brown, W	7	3	1	0	1	2
Bloomington	IP	H	R	ER	BB	SO
Stone, L	6	0	0	0	2	5
Cantrill	1	0	0	0	1	1

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Simply fill out the registration form to the right and mail it to: The Caring Program for Children, 1831 Chestnut Street, St. Louis, MO 63103, or Call Angela Parker at 923-4763 for more information.

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In consideration of the furtherance of our purposes, objectives, and work and in consideration of you permitting me to participate in your Walk on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all claims you, its municipalities through which the Walk will take place as well as any other persons connected with the walk, their heirs, executors, administrators, successors, and assigns for any and all injuries which I may suffer while taking part in the Walk or as a result thereof.

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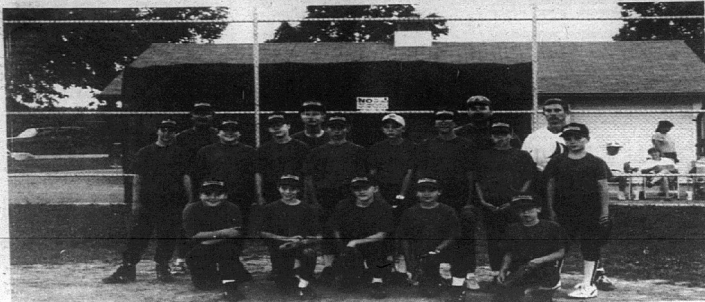
Cardinals

Suburban Journals

SPORTS

Cardinals Team of the Week

Sponsored by Adams State Games and Blue Steel



Members of the Troy Baseball and Softball Association Class A team, sponsored by Dehny's Auto Body, finished the season 12-0 and went undefeated in three games to win the playoff tournament July 17-22. Team members include (front row from left) Eric Robinson, Brent Smith, Jacob Stein, Kyle Massey, Kevin Converse and (second row) Chad Crone, Brad Taylor, James Kersey, Chris Miller, Jeremy Evans, Derek Wurth, Nathan Field and Scott Long. Pictured in the back row are coach Larry Crone, coach George Kersey, head coach Kevin Massey and coach Mitch Miller.

Sports shorts

Elks U-13 boys

Tryouts for the Granite City Elks boys U-13 team will be held Wednesday, Aug. 7 and Thursday, Aug. 8 at the Elks Soccer Complex at Belleville Area College in Granite City. Boys born between Aug. 1, 1983 and July 31, 1984 are eligible.

Participants should bring a No. 5 soccer ball, shin guards, drinking water and a copy of their birth certificate. For try-out times or more information, call 931-3506.

Softball leagues forming

The Granite City Park District is taking registration for men's and coed fall softball at the Wilson Park Office.

The deadline for registration is Aug. 16. The leagues will start play Sept. 10 and last for six weeks. Men's teams will play on Tuesday and Thursday of each week, while the coed teams will play on each Wednesday and Saturday. The cost per team is \$230, which includes softballs.

For more information, call Ray Hoffman at the park office at 877-3059.

GCSC teams forming

Open registration is now being held for both boys and girls 5 years of age and older who wish to join the Granite City Soccer Club. The cost to register is \$30 per child. For more information, or to register, call 876-9000.

Ladies' senior softball

A local women's senior softball team is looking for women age 50 and over who are interested in playing in the Illinois Senior Olympics this September in Springfield, Ill. The team is also searching for players interested in playing an exhibition game Oct. 5 as part of the Granite City Centennial Celebration.

Interested parties are asked to call Eva Horn at 797-6585 or Betty Arberter at 876-9121.

Coolidge football

The first football practice for seventh- and eighth-graders at Coolidge Middle School will be held at 7:30 a.m. on Monday, Aug. 26. Athletes must

bring a copy of a recent physical examination and a completed parent permission form to the first practice.

Running shoes, shirt and shorts will be needed for the first three days of practice. Parent permission forms will be available after Aug. 19 in Coolidge's main office.

YMCA Golf Classic

The Legacy Golf Course will hold the 14th Annual Tri-City Area YMCA Golf Classic on Saturday, Aug. 10. The cost for the 18-hole round of golf, along with refreshments and steak dinner, is \$80. Proceeds support the YMCA youth programs in the Tri-City area.

Fee times begin at 10 a.m., and reservations are limited for the four-person flighted scramble event. For more information, call the Legacy or the YMCA in Granite City.

Slobo soccer camp

One of the St. Louis area's most popular soccer personalities, Slobo Iljevski, will once again hold a soccer camp in Granite City this summer. This year's camp will run from noon-2 p.m. Aug. 12-16 at Wor-

then Park. The camp, for boys and girls ages 5-18, offers instruction for both field players and goalkeepers. The fee is \$55 with a camp soccer ball, or \$50 without the ball. Those who choose to not purchase a ball should bring their own. All campers will receive T-shirts, photos and more at the camp, which is being sponsored by Pizza Chef and coordinated by the Granite City Park District. For more information, call (314) 227-3036.

Flag football league

The fifth annual Budweiser

Flag Football League is now forming. Competitive and recreation leagues will be held, with prizes and paid berths to the National Championships awarded in both leagues.

Play will begin in September in Belleville. Space is limited and the leagues are forming quickly. For more information, call 277-4090.

Trailblazer soccer

Lewis & Clark Community College is holding tryouts for its men's and women's soccer teams. The tryouts will be held at 6 p.m. for the women, and 8 p.m. for the men, on Monday, Aug. 12 at the campus soccer field in Godfrey.

For more information, call coach Tim Rooney at 466-4311 (ext. 6210), or (314) 741-2779 (ext. 6210).

Flag football program

The Granite City Park District is now organizing its Flag Football Program. The league will play on Monday nights and Saturday nights at George Sykes Field in Wilson Park. The league is for boys in grades 3-5.

A special registration for the program will be held Saturday, Aug. 10 at Brown Recreation Center. Grades 3 and 4 will register from 9-10:30 a.m. and grades 5 and 6 will register from 11 a.m.-12:30 p.m. Registration will continue beginning Aug. 12 at the Wilson Park office.

The fees for the program are \$22 for district residents and \$30 for non-residents. Helmets and shoulder pads are furnished by the Park District. For more information, call the park office at 877-3059.

Special Olympics athletes strike gold

A large group of athletes representing Granite City, Madison and Venice schools recently returned from their trip to the Illinois Special Olympics games.

The games were held on June 14-16 in Bloomington, on the campus of Illinois State University. All competitors from the area competed in Region 1, and the results were exceptional.

The group from the Tri-City area collected a total of 32 gold medals, 18 silver medals and 11 bronze medals, as well as six fourth-place ribbons, 10 fifth-place ribbons and one sixth-place ribbon.

The group was led by Billy Copeland, who took home three gold medals at the Special

Olympics. Winning two gold medals each were Natasha Ferguson, Christy Jones, Mikeshia Jones, Larry Kampmann, Kim Odom, Franklin Powell and Mecha Woods.

Other gold medal winners included Jackie Andrews, John Bailey, Richie Berkshire, Latisha Boyd, Jeff Clark, Garrett Edwards, Cheryl Fingers, Roy Hooker, Michael Howland, Thormone Lawrence, Kerry Nolen, Becky Richmond, Travion Sherrod, Ollie Walker, Arein Willings and Crystal Wright.

Also participating in the Olympics from the Tri-City area were Larry Avery, Michael Benefield, Jerry Dick, John Harley, Cindy Hart, DeMarco Holmes, T. Dean

Johnson, Christopher Jones, Eddie Kampmann, Kenny Lohmann, Jessica Miles, Shawn Moss, Shane Moss, Adam Myint, Sherrill Richmond, Daniel Solomon and Richard Waltermann.

Dedicated and caring individuals are always needed to work with groups with special needs, and this group of athletes was accompanied by a large contingent of chaperones. The chaperones included Dave Becherer, Tina Buckingham, Nannette Cochran, Larry Duckworth, Mabel Dacus, Christy Hagnauer, Norma Lesko, Matt Lour, Jack Palmer, Cindy Reber, Jamie Snellson, Mary Ruth Snellson, Ann Szczepank and head coach Diane Becherer.

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Getaway

(Continued from Page 1A)

won by a fan attending the races this Saturday night. Registration is free, but only those fans 21 and older can enter.

Tri-City Speedway offers the Pepsi Racing Series every Saturday night, which includes winged sprint cars, modifieds, pro-stocks and street stocks.

Spectator gates open at 6 p.m. and racing begins at 7 p.m. Tri-City is located just one-half mile south of Interstate 270 on Illinois Route 208. For more information on this event and other events, call Raceline at (314) 947-7287.

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•O'Fallon

(Continued from Page 1A)

will open Midwest Regional play in Alton at 3 p.m. Thursday at Gordon Moore Park. Blazier said he believes his club will play the Indiana state

champion, which would be another irony. "We played one of the teams out of Indiana earlier in the year and that was Evansville Pate," Blazier said. "They were so impressive, we told them we'd see them in Alton

in August. Well, half of us is there anyway." State officials did not select a tournament Most Valuable Player, but O'Fallon pitcher Mike Bowen would have been a prime candidate. Bowen had a no-hitter through six innings of the title game. He retired the first 11 batters in order

before walking Chad Edwards in the fourth inning, his only free pass allowed over seven total innings. Bowen eventually retired 17 of the first 18 batters before Bloomington got back-to-back singles in the bottom of the sixth. However, Bowen struck out the next two men to end

the inning. Bloomington got its only run (unearned) with two outs in the seventh following an O'Fallon throwing error. "He had a bad outing Thursday, because he was a little nervous and he was overworking some of his pitches," Blazier said of Bowen, now 11-0 for the summer, including five

wins with the O'Fallon Senior Legion team. "He had two days rest Friday and Saturday and came back today and pitched an excellent game," Blazier said. Rob Brown doubled in the top of the sixth inning to score Tim Routh for O'Fallon's first run. One out later, Kevin Woods singled to score Brown.



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Now you and your school can join the ranks of numerous volunteers on Old Newsboys Day, Thursday, November 7th. You'll receive an Old Newsboys button and apron, as well as a bundle of valuable coupons just for helping out.

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5m Conv, Red, Alloy Wheels	
1992 BUICK COUNTRY	7,995
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•Title

(Continued from Page 1A)

Granite City's Paul Buecherich is also a member of the Gallagher team, but did not see action this summer due to an injury. But he still traveled with the team all season.

"They were great about that," said Buecherich. "I got to go everywhere with them, and I felt like I was still a part of the team. I think we finally realized our potential after all these years."

"We've worked really hard for this," said Bocklage, a South County resident. "It's been our goal to do this ever since we started playing together."

"These guys have played with the labels of not being able to play up to their potential and win the big game, which is unfair," Gauvain said. "After we won at regionals, there were a lot of people in St. Louis who were saying, 'Well, let's see what these guys can do now.' Like Pat (Moriarty) said after (Saturday's) game, we won when we had to."

But in the first half of the final game, things weren't

going Scott Gallagher's way.

"We didn't play our style of ball in the first half," Bocklage said. "We like to knock the ball around and keep possession, and we weren't doing those things."

"The best thing that happened in the first half was that it ended at halftime so we could get the guys organized, calm them down," Gauvain said.

It didn't take long for Gauvain's players to respond. Six minutes into the second half, Filla scored an unassisted goal from about 22 yards out to put his team on top.

Filla, a forward at St. Louis University, jumped on a Delco giveaway near midfield and dribbled the ball up the middle of the field. With the defenders backing up and giving him space, Filla carried the ball to the edge of the penalty box and drilled a shot that went over the goalie and ducked under the crossbar.

"It completely surprised all

of us," Bocklage said. "The two defenders backed off of (Filla), and I said 'That's weird.' Then he just shot the ball and it went in, and I said 'That's even weirder.'"

While Filla provided his team with the offensive highlight, it was Scott Gallagher's defense that really put on a show.

"To shut that team out is really something," Gauvain said.

"There's no way you can have those guys on your team and lose. I'm convinced of that," Bocklage said. "And our goalie just had the game of his life."

But it was Kalish who made the defensive "play of the game," Gauvain said — and he was kicked out of the game because of it.

With about 18 minutes to play, Delco sent the ball into the middle off a corner kick. A shot was taken and, after a deflection, it got past Kelley and appeared to be headed

into the net, but Kalish knocked the ball out of harm's way with his hand.

"It was instinctive," Gauvain said. "The kid hit it and it got deflected over the top of our goalie, and it was definitely going to be Kevin on the line and he just made the play."

Kalish was given a red card on the play and Delco was awarded a penalty kick, but Judah Cook's shot went wide.

"The last 15 minutes, they were throwing everything at us. We were pretty much under siege," Gauvain said. "It was just pure heart. The last 15 minutes or so was all heart... and a bit of desperation."

And when the final whistle blew, Scott Gallagher had won its first under-19 national title since 1984.

"It was an emotional game, and a mentally-draining game," Gauvain said. "It's awesome, it really is neat."

And oh, what a relief.

•Comeback

(Continued from Page 1B)

month, where he'll pretty much be on his own.

"I'll stay on the weights, and keep running and doing conditioning programs," he said. "Hopefully by October, I'll be ready to start working out with the team."

Buecherich has already been redshirted for one year, and now it appears he may get a second year. He said the NCAA sometimes gives "hardship" cases a second year for injury in extreme cases.

"So I might still have four years of eligibility left after this season," he said. "By the time I'm playing as a freshman on the soccer team, I'll be at least a sophomore, and

maybe a junior in school. I guess I'll be in school until I'm 25 years old."

Buecherich also hopes to be back in action in time for next summer's U.S. Youth Soccer Association season on the Scott Gallagher team. He added that the team members have played together since they were all 12 or 13 years old.

"We finally found the coaches that brought us all together," he said. "It's been sort of a soap opera through the years, with all the talent we had. But we were never able to go all the way until this year. Finally, we all went in the right direction. I know we all want to stay together, and hopefully I'll be 100 percent by next spring, and can play with

them."

Buecherich is studying the health field at UAB, where ironically he is thinking about entering the physical therapy field.

But he said his first love is still soccer, and if his college career is successful, he would consider the Major League of Soccer or some other professional league.

Of course, in order to achieve that he must stay healthy.

"I thought about hanging it up after the second injury," he said. "But I knew I could come back from it. There aren't too many people who have gone through it twice and kept playing. But I love the game that much."

•Art

(Continued from Page 1A)

would do that on their own today, he added.

The Snapple and organization of such for the boys and girls thus provides an opportunity that has been denied previously in other parts of the state.

"Chicago and Morris have held summer tournaments for years and Jacksonville started one more recently," said Schmidt. "When Don and I got together, we thought it was time for our area."

The Snapple Slams thus looks like it is here to stay.

However, I'd like to see the coaches of the high school teams coaching in the summer rather than watching from the stands.

That's when I reminded Schmidt of another thought.

Landon "Sonny" Cox, no doubt, concentrates on music instead of basketball during the summer," I said of the Chicago King boys coach who functions as a jazz musician when not coaching.

Schmidt smiled.

EXTRA INNINGS: One of the most interesting baseball signings in June was that of Willie Suggs, a senior pitcher

from Mount Vernon High where the 6-foot-3, 180-pound right-hander had a 3-0 record, 2.54 ERA and 39 strikeouts and 20 walks in 27 1/3 innings.

Suggs did not pitch during the middle part of the Rams season but received \$30,000 to sign and a \$30,000 guarantee for college from the New York Mets, who drafted him on the ninth round.

No other prep player from the Southern Illinois area signed. In June of '95 though, Suggs' fastball was clocked at 89 miles per hour at an Atlanta Braves camp in Cartersville.

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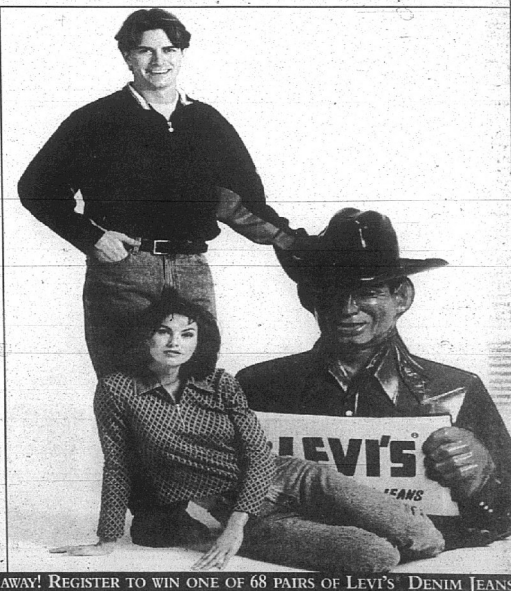
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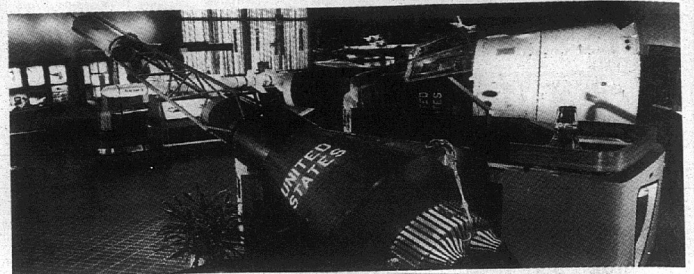
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SCHOOL



Getting pinned — Above, Belleville Area College held its annual Allied Health pinning ceremony on May 14 at St. Peter's Cathedral in Belleville. Pictured is Lisa Marie Niemeyer of Granite City, left, receiving her medical laboratory technology pin from program coordinator William Meekins. Above right, Belleville Area College held its annual Allied Health pinning ceremony on May 14 at St. Peter's Cathedral in Belleville. Pictured is Eddy Trim Jr. of Granite City, left, receiving his radiologic technology pin from program coordinator Dottie Dillon-Bowers, center, and radiologic technology instructor Sylvia Berutti.



Aerospace Exhibit open to public

Visit the world of air and space this summer by browsing through the McDonnell Douglas Prologue Room. The exhibit displays the company's achievements in aerospace technology since 1920.

Located in the world headquarters building at McDonnell Boulevard and Airport Road, the Prologue Room is open 9 a.m. to 4 p.m. Tuesday through Saturday, June through August. Admission is Free.

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SIU-C releases dean's list

Southern Illinois University at Carbondale has named 3,035 students to its spring semester dean's list. These students make up the top 17.8 percent of the university's undergraduate student body.

Dean's list recognition goes to full-time students whose semester grade-point averages meet performance standards set by the university's various academic units. Those range from 3.25 to 3.75 on a 4.0 scale. During spring session, 1,289 students earned straight "A" grades. Students achieving straight A's are indicated on the list by an asterisk (*).

Local students being named include:
Granite City: Rachel E. Bathon; Paula J. Obucina; *Jason L. Ross.

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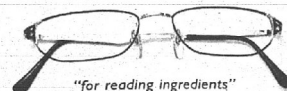
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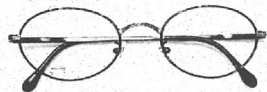
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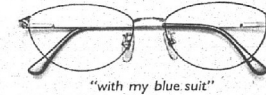
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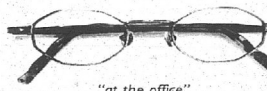
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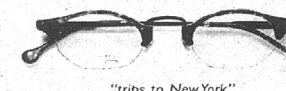
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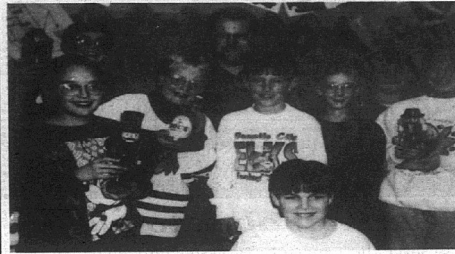
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International — Sixth grade students at St. Elizabeth School in Granite City held an Ethnic Festival during the school year. Above left, students William Kutosky and David Hartwick taught the Polish clapping circle dance "Lasowiak" to classmates Brian Dittman, Jonathan Petri, Amanda Sedel, Patrick Meuren, Robert Henry and Joey Mangi. Above right, students Ashley Kalogeron, Katie McFain, William Kutosky, Carly Blind, Steve Kamadulski, Chris Caruso and Jared Foley practice writing their



names in Arabic. Below left, Mike Fornachon shared his experiences as a serviceman stationed in Germany with students Kerry Koskie, Brad Becker, Bryan Fornachon, David Hartwick, Jaff Bladdick, Tony Ruesing, Jeri Weller and Lindsay Schardan. Below right, students Tara Milo, Tara Meehan, Patrick Meuren and Jonathan Petri enjoyed an ethnic meal served by Mrs. Mangi. The menu included dishes from Poland, Yugoslavia, Italy, Mexico, Germany and China.



2 GHS teachers attend money, banking seminar

Linda Briner Ames and Judith L. Cline, teachers at Granite City High School, were among almost 30 educators from Missouri and Illinois who attended a week-long course on money and banking held at the Federal Reserve Bank of St. Louis June 24-28. Offered through Centers for Economical Education at University of Missouri at St. Louis and Southern Illinois University at Edwardsville, the course helped the teachers learn to integrate topics on money and banking into social studies, language arts and math. The classes featured several offi-

cers and economists with the St. Louis Fed, including Thomas C. Melzer, the bank's president and chief executive officer. The teachers who attended received two graduate hours for completing the course. The Federal Reserve Bank of St. Louis serves the Eighth Federal Reserve District, which includes all of Arkansas, eastern Missouri, southern Indiana and southern Illinois, western Kentucky and western Tennessee and northern Mississippi. The bank has branches in Louisville, Memphis and Little Rock.

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Mary Lofink



Megan Francis

St. Elizabeth honors grads

On May 23, 16 students graduated from St. Elizabeth School. Following dinner, Mass was celebrated and diplomas and awards were presented.

The class of 1996 graduates include Elvers Brooks, Michelle Charbonnier, Sonny Fields, Megan Francis, Jay Gensert, Courtney Hitt, Mary Lofink, Megan Lyerla, Kristina Mangi, Andy Messina, Scott Niggli, Jennifer Noeth, Kera Olson, Scott Schardan, Terri Soles and Deanne Stern.

The following students received special awards or scholarships:
American Legion Award
Megan Francis and Mary Lofink
Nancy Thomas Scholarship
Megan Lyerla.

Knights of Columbus Award for Highest Grade Average in grades seven and eight

Megan Lyerla and Megan Francis.

Knights of Columbus Scholarship
Elvers Brooks.

Marquette Honor Society Scholarship
Megan Lyerla.

Presidential Academic Fitness Awards
Megan Francis, Jay Gensert, Courtney Hitt, Mary Lofink, Megan Lyerla and Scott Schardan.

Presidential Achievement Award
Elvers Brooks, Michelle Charbonnier, Andy Messina, Scott Niggli and Deanne Stern.

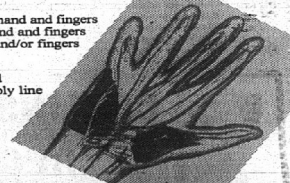
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ORGANIZATIONS

Bailey elected to president position

Dottie Bailey of Pontoon Beach was recently elected to the office of president of the AMVETS Auxiliary Department of Illinois at its state convention, held in Elmhurst, Ill.

Bailey is a member of the Madison AMVETS Auxiliary 204. She and her husband, Gordon, have been active in the organization for a number of years.

She has four daughters living in this area, Debbie Sander, Glenda Oliver, Lori Choat and Sue Rogers, along with seven grandchildren, Steve and Tara Sander, Alexis Oliver, Lauren Wilkinson, Tristan and Rusty Choat and Nolan Rogers.



Dottie Bailey



Eagle initiation — At top, the Granite City Eagles Auxiliary 1126 initiated one new member May 28 at the Eagles home, 2558 Madison Ave. in Granite City. Shown are, new member Ellen Amsler, left, and Joanna Spencer, past auxiliary president. Above, at the July 9 meeting of the Granite City Eagles Auxiliary 1126, Ruth Henson, left, was initiated into the auxiliary. At right is Susan Allen, auxiliary president.

Brown named Elks district deputy

The Elks National Convention was held the week of July 14 in Las Vegas, Nev. Stanley Brown of Granite City was installed as the district deputy to the grand exalted ruler for the Illinois Southwest District.

Brown is a 23-year member of the Elks, serving the Granite City Lodge as exalted ruler in 1985-86. He also served on the Board of Trustees for five years. He served as the Southwest District, both as junior and senior trustee and vice president prior to being installed as district deputy.

Others attending the convention were Brown's wife, Pat; Sonny Ambuehl, exalted ruler, and his wife, Karen; and 20 other members of the Granite City Elks Lodge and their wives.



Shown is Gerald Coates of Greensboro, N.C., left, the Elks grand exalted ruler, and Stanley Brown of Granite City Elks Lodge 1063, newly installed district deputy for the Illinois Southwest District.

Former resident honored for distinguished service

Police officer Timothy Mizell of Plainfield, Ind., formerly of Granite City, received his department's Bronze Star and was honored by the Town Council for distinguished service for the investigation of an October drive-by shooting.

Mizell, a six-year veteran,

located the suspect vehicle, safely took two suspects into custody and retrieved the firearm used in the shooting.

According to police reports, Mizell was on routine patrol about 2:20 a.m. Oct. 14, 1995, when he was flagged down by youths on U.S. 40. They told

him they had been fired at by occupants in another vehicle. Mizell took a description of the vehicle, which he found at the intersection of U.S. 40 and Cartersburg Road. He then arrested the two suspects without incident.

Mizell is the son of Dick and Sue Mizell of Granite City.

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P235/70SR15	RWL	80	P215/60HR15	BLK	83
P255/70SR15	RWL	86	P225/60HR15	BLK	85
P215/60SR14	RWL	75	P215/65HR15	BLK	85
P235/60SR15	RWL	83	P205/50HR15	BLK	116
P255/60SR15	RWL	90	P225/50HR15	BLK	121
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Today's Food

Wednesday, August 7, 1996

Food & Nutrition

Wise Ways

Doing lunch at your desk today? Cynthia Fauser looks at options for a tuna salad sandwich.

INSIDE

Heart-y Bites

Get rid of the 'breakfast, schmeckfast' attitude with a delicious wake-up call.

INSIDE

Blue Ribbon Cook

Winning blackberry cobbler traces grandmother's dessert trail.

INSIDE

Hometown Test Run

A marinade and a sauce, each with local flavor, are subjects of the week's test run on meats, vegetables, stir-fry.

INSIDE

Micro Raves

Shark to swordfish, scallops to shrimp, catfish to halibut, fish assumes a fresh attitude in summer.

INSIDE

Lively Taste

For a Tex-Mex appetizer, cut regular-size flour or corn tortillas in half. Spread with a mixture of black beans mashed with salsa, kernel corn, shredded carrot and slivered green pepper. Roll up, using a toothpick to hold if necessary. Microwave until heated through. For Asian flavor, saute 5 cups (total) thinly sliced scallion and bean sprouts with 1 teaspoon oil, 1/4 cup water, 2 teaspoons soy sauce, 1 teaspoon ground ginger and pinch of sugar 5 minutes. Roll 1 tablespoon mixture in egg roll wrapper. Steam 5 minutes. Dip in teriyaki or plum sauce.

Health & Fitness

Medicine Chest

Nicotine patches are now available with no prescription.

INSIDE

Fresh Picks

Turn over a new melon. Striped in green and gold, Santa Claus melon is a little less sweet than most. Judge its ripeness by the color of the stripes on its hard shell. The brighter the yellow, the riper and more flavorful it should be. Larger ones often are sweeter. Crenshaw melon's flesh is pale salmon in color, sweet and juicy in flavor, slightly spicy in aroma. When its shell is medium yellow and its blossom end gives slightly when pressed, it is ready for eating. Because it is fragile, it should be handled gently. Thus, beware of soft spots.

Big Fat Tip

Cherry tomatoes are a miracle of summer for easy snacking or entertaining. Just cut off their tops and scoop out their centers. If using as a centerpiece or appetizer, cut very thin slice off bottoms, too. Fill with mixture of nonfat cream cheese, sliced scallion or green pepper, bit of tomato paste, minced carrot and pinch of dill.

Future Shop

While bagels have gained press by keeping their name on new eating outlets, tortillas quietly have overtaken some of the bread market. No longer seen as an ethnic food, they go with hot dogs, peanut butter and jelly, or lox and cream cheese. The West, Southwest and south central regions are greatest users of tortillas, but certain areas do their own thing when it comes to favorite styles. In Texas, for example, the favorite size is about 7 inches in diameter, while Arizonans surprisingly prefer tortillas 'grande' in size — even 18 inches.

CLUCK LUCK

By Janice Denham
Staff writer

Spin the wheel, throw the dice, deal the cards. Only the lucky need apply when it comes to flavorful ways to serve chicken.

In this day of looking for ways to turn a hearty meal into a low-fat, lighter-feeling delight, chicken breast stands out as a winner. The card still face down tells whether a cook can serve it a new way without drying it on the way to the game table.

The answer is to add the flavors of the rainbow. Fruits and seasonings are the ace stuck up the sleeve, waiting for a chance to fill out a winning hand.

Hot with peppers and seasonings or sweetly flavored and scented with whiffs of the tropics, great flavors turn another chicken dinner into a cause to celebrate.

One efficient way to set up this winning event is to marinate

Jamaican Jerk Chicken

chicken in a flavored liquid — complete with an acidic component, like tomato, wine, citrus juice or vinegar — in a closed bag or shallow, non-aluminum dish. Using a plastic bag makes easier cleanup.

It is best to use fresh marinade, if basting is desired. If using the same liquid, only brush it on during the first minutes of cooking so it and the poultry have time to cook thoroughly.

While cutting up vegetables for grilling, prepare extras to store in a freezer.

SEE LUCK, INSIDE TODAY'S FOOD PAGE 2

Grilled Chicken with Fruit



Kids' Cuisine HAVE FUN WITH YOUR FOOD

★ All-American Boboli ★

1. Preheat oven to 450°.
2. Cut each of 10 slices American cheese (half white, half yellow) diagonally to make 2 triangles. Arrange half on a 12-inch Italian bread shell.
3. In medium skillet, heat 2 tablespoons oil over medium heat. Cook 1 large red onion — cut in half lengthwise, then thinly sliced — 6 to 8 minutes until golden. Drain on paper towels.
4. Cook 8 hot dogs, sliced 1/2-inch thick, about 8 minutes until golden. Drain on paper towels.
5. Add 1 tablespoon oil. Fry 1 large red potato, diced, about 5 minutes until golden. Drain on paper towels.
6. Place bread shell on baking sheet. Spoon onion, hot dogs and potato on shell. Arrange remaining cheese triangles on top.
7. Bake in preheated oven 8 to 10 minutes until shell is crisp.
8. Serve with mustard, pickle relish and ketchup.

In last year's "Have Fun with Your Food Recipe Contest," kids ages 5 to 14 created edible masterpieces with Boboli Italian bread shells. The winner was All-American Boboli.

To participate in this year's contest, send for rules and an entry form from: Boboli Have Fun with Your Food Recipe Contest, 25th Floor, 1500 Broadway, New York, N.Y. 10036.

Entries must include a color photo or video of the junior chef and the final recipe creation, plus the recipe, and be received by Sept. 15.

Today's Food

Hometown Test Run

Sauces, marinades merge ready-to-go flavors in meals

Marinades and sauces are a boon for today's cook. The world has moved far beyond chili and Worcestershire sauce, as local and nearby entrepreneurs have moved to supermarket shelves to share their flavoring "secrets."

Both Corbin's Classic Marinades and Goldman's Gourmet sauce were on this week's Test Run.

Directly out of St. Louis, a 16-ounce bottle of Corbin's marinade — in original, spicy and Cajun flavors — costs about \$3.49. A 12-ounce bottle of Goldman's sauce — from Springfield, Ill. — sells for \$2.99.

Each received a hearty thumbs-up in home situations, from testers, families and guests.

"The Goldman's sauce was a real meal-maker," said a tester, who used it on two easy cooking projects for her family.

"Once I mixed it in with ground chuck for burgers, it was very tasty. Even better was stirring in the sauce as I sautéed beef and onion and mixed it with rice. It was very good. The flavor was like Worcestershire sauce, but richer, fuller," she said.

Another tester went for a first impression. "It looks a lot like barbecue sauce, but without the redness. When I opened it, it has an immediate aroma that reminded me of several things — Worcestershire sauce, too, but it was well tempered, not overpowered, with tomato. It also has a smoky aroma, which I love," she said.

A 2-tablespoon portion of Goldman's sauce has 40 calories, 0.5 grams fat, 14 milligrams sodium, with 7 grams sugar.

"It may not be low in sodium, but it has less than a lot of sauces and dry seasonings, which I appreciate for my family because a small amount of the flavor

still goes a long way," she said.

Testers tried two varieties of Corbin's marinade. The person who tried the "spicy" one solved a guest's problem.

"It was very tasty, but not overly spicy. My friend said it would be perfect on a winter day and also that it cleared his sinuses," she said.

She stir-dried zucchini, yellow squash, onion and shrimp with the marinade and served it over rice.

"I used no oil, so it was extremely low-fat and nutritious, but had plenty of flavor. It was also quite easy to prepare. It definitely made me more impressed than the effort I put into it," she said.

Recommendations are to use the product with meat, seafood and vegetables.

The tester with the "original" variety used it in two separate dishes, and had enough in the plastic jar for a third meal.

"I liked the heady little pepper punch I smelled when I first opened it. The first time I used it, according to the back label for pork chops on the stove. I cooked them a few minutes, then added the sauce and simmered it all about 10 minutes," she said.

The result to the "unannounced" test was an unqualified compliment from her husband.

The second time she marinated chunks of cod in the mixture in the refrigerator about six hours, then grilled it.

"It was delicious. It also didn't stick to the grill, which I appreciated since we had company and I was in a hurry to have things go well without a hassle," she said.

"It had good flavor with out a few minutes on the grill, yet didn't fall apart."

Micro Raves

Microwave catches line of fresh and fishy fare

Fish tastes good and is even good for you. Even fatty fish, like tuna and salmon, is far leaner and more digestible than red meat — with plastic wrap, lid or waxed paper — to retain its juiciness and give a steamed effect.

Soft-textured fish like perch and sole holds up best when sauce is poured over it after cooking. To achieve a drier effect, cover with paper towel or cook it uncovered.

Fatty fish — for instance, tuna, salmon, eel, mackerel, herring and trout — can be microwaved without a sauce or basting with excellent results. Once again, fatty fish can be used interchangeably in recipes, but varies in taste.

Firm-textured fish — such as shark, swordfish, marlin, snapper, halibut and most shellfish — take well to soups and casseroles because they keep their shape and texture. They, too, can be substituted for each other or used as "filler."

Fish is done when it is opaque and flakes easily. Seafood, like scallops and shrimp, are done when opaque and the flesh is firm. Overcooking causes toughness and dryness.

Cooking fish in a microwave leaves a characteristic aroma. To eliminate a "fishy" smell, boil some lemon juice in water for 3 minutes on high power or dissolve 1 tablespoon baking soda in 1 cup water and wipe down the microwave oven. For more

lemon, leave the water with baking soda in the oven and microwave 3 minutes on high power.

Home economist Kathy Hanewinkel specializes in microwave cooking.

White fish is best microwaved with a sauce or basted to keep its delicate texture from drying. It falls apart easily in a sauce, so is best cooked tightly covered — with plastic wrap, lid or waxed paper — to retain its juiciness and give a steamed effect.

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KATHY HANEWINKEL

Blackberries pick family memories

Teresa Schrenker, St. Louis County, is this week's winner of dinner certificates to the Pasta House Co. for Blackberry Cobbler. She attributes her love of blackberry cobbler to her grandmother's choice of desserts after picking wild blackberries.

Recipes for this month's Quick-Quick Dessert Recipe Contest should be postmarked by Aug. 31. A single entry to the contest should include few ingredients and a light touch toward preparation time and eating style.

Send an entry to: Quick-Quick Dessert Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

One winner each of the four Wednesdays in September will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original.

FRUITY ALMOND SHARK WITH RICE

- Fruity Rice**
- 1 can (8 oz.) crushed pineapple
 - 1 1/2 cups water
 - 1 chicken bouillon cube or 1 heaping tsp. instant chicken bouillon
 - 1 tsp. salt, if desired
 - 1/2 tsp. crushed thyme
 - 1/2 tsp. minced garlic
 - 1 tsp. oil or butter
 - 1 cup uncooked rice
 - 1/4 tsp. cayenne pepper
- Fruity Almond Shark**
- 1 to 2 lb. shark steaks
 - 3/4 cup apple juice
 - 1/4 cup fresh lemon juice
 - 2 tsp. butter or margarine
- Sauce**
- 2 tsp. apple juice
 - 1 tsp. flour
 - 1/2 cup sliced almonds
 - 1/2 cup sliced green onion
- Parsley**
- Tomato and lemon wedges, if desired

In 2-quart casserole, combine crushed pineapple with juice, water, bouillon, salt, thyme, garlic and oil. Microwave 6 to 7 minutes on high power until boiling.

Add rice and cayenne pepper. Microwave, uncovered, 10 to 12 minutes on high power until moisture is absorbed and rice has softened. Let stand, covered, 10 minutes.

In 9-by-12-inch dish, place shark and apple juice, lemon juice, pinch of salt and butter. Microwave, covered, 5 minutes.

Uncover. Spoon sauce over steaks. Microwave, covered, 4 to 5 minutes until fish is opaque and somewhat flaky.

BLACKBERRY COBBLER

- 1 1/2 cups plus 2 tbsp. sugar
- 1 1/2 cups flour
- 6 cups fresh blackberries
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 cup (1/2 stick) butter or margarine
- 1/4 cup milk
- 1 egg, slightly beaten

Preheat oven to 400°. In medium saucepan, combine 1 1/2 cups sugar, 1/2 cup flour and blackberries. Cook and stir over medium heat until thickened. Pour into 8-by-11-inch pan.

Sift or mix together 1 cup flour, 2 tablespoons sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs.

Combine milk with egg. Add all at once to dry ingredients, stirring just to moisten. Spoon over blackberries.

Bake in preheated oven 20 to 25 minutes.

Heart-y Bites

By NANCY McCABE

Breakfast shifts routine kids, adults

There are reasons to eat breakfast. Evidence continues to mount that eating a good breakfast improves the development of children's ability to think. This has been noted especially in children who have been undernourished.

Adults benefit from breakfast, but many of them skip breakfast, too. Young adults, more than other age groups, eat sweets and salty snacks and drink carbonated beverages for breakfast.

Those who work all day reason that time pressures do not allow time for preparing breakfast, but the end may cause more problems than the means.

When breakfast is skipped, low productivity and a concentration slump in mid-morning often

pels people to grab a sweet roll or candy bar for a quick pick-me-up. High in fat and sugar, this type of food contributes few nutrients. A fast food breakfast eaten on the run may tally excessive fat, mostly saturated, and sodium.

It is a myth that eating breakfast causes weight gain. Skipping breakfast is tempting to those battling the bulge, but it can lead to overeating the rest of the day.

The American Heart Association recommends total fat be kept at less than 30 percent of daily calories, with saturated fat less than 10 percent of those daily calories. Keep in mind that a poorly chosen restaurant or fast food breakfast eats up that total amount for a whole day in

a single meal. What's the answer? A good breakfast should contain complex carbohydrates, such as whole-grain cereal and fresh fruit, plus a good source of protein, like a low-fat dairy product or lean meat.

Nancy McCabe is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

CINNAMON ORANGE PANCAKES

- 3/4 cup all-purpose flour
- 2 tsp. wheat germ
- 1 cup whole wheat flour
- 2 tsp. baking powder
- 1 tsp. sugar

- 1/2 tsp. black pepper
- 1/4 to 1/2 tsp. cayenne pepper
- 6 boneless, skinless chicken breast halves

In resealable plastic bag with slider closure, combine onion, oil, orange juice, wine, soy sauce, jalapeno, molasses, ginger, allspice, thyme, garlic, cinnamon, nutmeg, black and cayenne pepper. Close bag securely. Shake to combine thoroughly.

Add chicken. Close securely, moving chicken so marinating ingredients surround it. Refrigerate 2 to 8 hours.

Grill over medium-hot coals or broil in broiler 3 inches from heat 7 to 8

- 1 tsp. cinnamon
- 1 cup skim milk
- 3/4 cup fresh orange juice
- Yolk-free egg product equal to 1 egg
- 1 tsp. grated fresh orange peel

In mixing bowl, mix all-purpose and whole wheat flour, wheat germ, baking powder, sugar and cinnamon until well blended.

In another bowl, combine milk, orange juice, egg product and orange peel. Stir well.

Pour milk mixture into flour mixture, stirring only until moistened.

Preheat griddle or skillet lightly coated with nonstick cooking spray.

For each pancake, pour 1/4 cup batter onto pan. Turn over when edge is dry and bubbles appear on top.

- 1 tsp. black pepper
- 1/4 to 1/2 tsp. cayenne pepper
- 6 boneless, skinless chicken breast halves

Makes 6 servings.

GRILLED CHICKEN WITH FRUIT

- 3/4 cup frozen orange juice
- 1/4 cup reduced-sugar pancake syrup
- 3 tsp. snipped fresh or 1 tsp. dried basil, crushed
- 1/2 tsp. garlic powder
- 8 skinless, boneless chicken breast halves

minutes per side until no longer pink in center. Brush frequently with marinade during first half of cooking. Discard leftover marinade.

Makes 6 servings.

Medicine Chest

By REBECCA COLEY

Nicotine patches no longer behind puff of smoke

Last month the U.S. Food and Drug Administration approved the sale of nicotine patches without a prescription. Now smokers interested in quitting have another option besides nicotine gum.

The patches deliver a higher dose of nicotine to the bloodstream, so it is important not to smoke while wearing a patch. Smoking or chewing nicotine gum while wearing the patch can put excessive amounts of nicotine in the bloodstream and cause adverse effects, such as irregular heartbeat, palpitations, nausea or vomiting.

Patches, worn during the day, are replaced daily. The nicotine patch available without a prescription is available in one strength — 15 milligrams. It should be used no longer than six weeks. Nicotrol is the first such drug available. Other patches are expected to be approved by the FDA soon.

Studies have shown that nicotine patches can help up to 20 percent of smokers effectively quit smoking. This is comparable to other methods used to stop smoking.

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Note: Juice mixture can be used as marinade in resealable plastic bag with chicken and vegetables. Refrigerate 4 to 6 hours before grilling as directed. Vegetables can be added to bag for last 2 hours, if desired. Makes 8 servings; 196 calories, 3 g fat, 45 mg cholesterol and 2 g dietary fiber each.

Luck

Continued from page 1C.

For instance, chopping or mincing several onions at a time is a "natural." Just place them in a resealable plastic freezer bag, push out as much air as possible and freeze it. Take out quantity of onion needed at any time.

To freeze fresh zucchini, wash, cut off stems and slice 1/2-inch thick. Place it in a strainer and dip it into boiling water. Boil 3 minutes. Plunge immediately in very cold water. Cool completely before packing in individual portions in freezer bags.

JAMAICAN JERK CHICKEN

- 6 green onions, chopped (about 1 1/2 cups)
- 1/2 cup orange juice
- 1/4 cup rice wine or white vinegar
- 1/4 cup soy sauce
- 3 jalapenos, minced, or 1 tsp. crushed red pepper flakes
- 2 tsp. molasses or 1 tsp. brown sugar
- 1 tsp. minced ginger root
- 2 tsp. allspice
- 2 tsp. leaf thyme
- 2 large cloves garlic, minced
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg

Tuesday Food

Good Health

By MELANIE POLK

Food variety bedecked in array of colors, flavors

For many Americans, morning does not really start until they have had a glass of orange juice or half of a grapefruit. It is a morning dose of nutrition and one step closer toward the goal of at least five daily servings of fruits and vegetables, as recommended by the American Institute for Cancer

Research and other health experts.

While it may seem heresy to suggest an alternative to such a healthy ritual, variety also comes into consideration. Substituting two kiwifruit into a morning routine adds diversity, as well as more than twice the recommended daily allowance (RDA) of vitamin C

and as much potassium as a banana.

Buy firm kiwifruit and let them ripen at room temperature. Placing them in a bag with a banana or apple speeds the process. Once slightly soft, like a ripe peach or avocado, kiwifruit can be stored two to three weeks in a refrigerator. Although kiwifruit, skin is

edible and adds fiber and texture, its slightly bitter flavor and unusual texture is not to everyone's liking. Fortunately, kiwi is easy to peel and slice. The pulp can be scooped right out of the shell with a spoon.

Adding sliced kiwifruit to ordinary dishes transforms them into unforgettable meals. With its unique tart-

sweet flavor, kiwifruit brings new life to a favorite fruit salad or compote.

Instead of a regular tomato-based recipe, salsa can be made with kiwi, strawberries and melon cubes. Simply adding sauteed chopped shallot, fresh cilantro and raspberry vinegar creates a great dip for tortilla chips or a

tangy topping for grilled fish or chicken.

Sprinkle kiwifruit slices on a salad made with radicchio, or endive, copying favorites of sliced orange on green salad.

Kiwifruit even stands up to a barbecue flame. Toss it as part of a refreshing summer kabob with skewered ginger-marinated fish and chunks of sweet onion.

Pureed kiwifruit easily adds variety and taste to a healthy diet. Over-processing crushes its seeds and produces a bitter flavor. As a puree, it can be rubbed on lean cuts of beef and let to sit 15 minutes to increase the meat's tenderness.

Sweetened with maple syrup or honey, kiwi puree makes a dessert sauce that transforms ordinary poached fruit and angel food cake into a unique treat both by sight and flavor.

Kiwifruit adds a refreshing twist to this delicious summer salad recipe provided by the New Zealand Kiwifruit Commission.

For a free brochure on how to add other fruits and vegetables to make favorite meals healthier, write to: American Institute for Cancer Research, Department FF, Washington, D.C. 20069.

Registered dietitian Melinda Polk is director of nutrition education for the American Institute for Cancer Research in Washington.

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Kraft Macaroni & Cheese Dinners 3 7 oz. Boxes \$1.00

EXPIRES 8/13/96 (COUPONS NOT AVAILABLE IN STORE)

BROWN RICE SALAD.

- 1 cup uncooked brown rice
- kiwifruit
- 1 granny smith apple
- 1/2 cup thinly sliced celery
- 1/2 cup red bell pepper strips
- 1/4 cup toasted walnut pieces
- 1/4 cup thinly sliced green onion
- 2 tsp. chopped fresh parsley
- 3 tsp. wine vinegar
- 1 tsp. olive oil

Cook rice in water according to package directions.

Peel kiwifruit. Cut slices 1/4-inch thick, then cut in half to form semi-circles. Core and dice apple in 1/2-inch cubes.

In salad bowl, toss fruit with rice, celery, red pepper, walnuts, onion and parsley.

Mix together vinegar and oil. Drizzle over salad. Toss to mix well. Refrigerate salad, covered, 1 to 2 hours, letting flavors blend before serving.

Makes 6 servings, 201 calories and 6 g fat each.

SOUTHWESTERN SHRIMP DIP

In food processor or blender, puree 1 cup cottage cheese; 1 can (7 ounces) shrimp or clams, well drained, and 1 tablespoon lemon juice. Stir in 3/4 cup picante sauce or chunky salsa.

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Today's Food

Wise Ways

By CYNTHIA FAUSER

Tuna in drawer ready to go out for lunch

Open a desk drawer of any office worker and a potpourri of files, directories, stray paper clips appears. So does a pantry-size stash of snacks and must-have foods.

Savvy food businesses, quick to pick up a trend, supply a growing line of single-serving offerings sure to keep better than a forgotten peanut butter and jelly sandwich.

I compared single-serving tuna packages recently, finding a range of convenience, cost and packaging. Prices change weekly, depending on specials, but there is a hefty price for convenience. Sometimes that convenience is so well designed that it may be worth it for an individual situation.

I tend to be critical of the amount of packaging surrounding products, so "Charlie's Tuna Lunch Kits" did not engage me at first look. A 3-ounce can of light tuna in water, 6 crackers, pickle relish and

light mayo packets (smart choices at total 9 grams fat), and a tiny spoon are surrounded by a two-piece plastic bubble and held together by a cardboard label band.

Unlike many packages, this one's job has just begun. I suspect it was designed by someone shackled to a desk, because lunch is "served" without getting up for anything.

It is ingenious. One side of the two-piece plastic bubble can hold water drained from the tuna, while the other side becomes a bowl for mixing ingredients.

These tuna lunch kits cost \$1.79 the day I checked. Nearby, a package of three 3-ounce cans of light tuna cost \$1.99 or 67 cents each. That means I paid \$1.12 for crackers, a dab of mayo and relish, spoon and bowl.

Mixing convenience aside, it would seem to pay off to buy a box of crackers which would service more than one lunch or snack, stash a few paper plates

and picnicware in the drawer and hold onto extra packets of condiments from fast-food excursions.

Another dilemma is the size of the serving. If packing for my teenagers, I would choose something besides the ever-ready route. The small volume of food would not qualify as "lunch" for them. I could have used a few more crackers myself.

For a well-rounded meal, it still needs fruit, low-fat milk and a cookie. Of course, that might involve getting up from the desk.

Note: Mention of brand names is for educational purposes only and is not intended as an endorsement or criticism of products not mentioned.

Registered dietitian Cynthia Fauser is nutrition specialist with University Extension (University of Missouri system) in St. Louis County.

Turn over a new leaf when new day sprouts

It would be a boon for people to worry in the morning as much about replenishing their bodies as they do about decking themselves in the day's fashion statement. Summer is a great time to get in the breakfast habit, because milk, fruit and another basic ingredient or two in a blender results in a quick breakfast that is healthful and refreshing.

Only about half of eight- to 13-year-olds eat breakfast every day and eight percent report they hardly ever eat a morning meal, according to a 1994 National Dairy Council study. The older the child, the more likely he or she skips breakfast.

Lack of time is a large reason for low breakfast consumption. Even during summer, rushed schedules have made the sit-down breakfast difficult, particularly on weekdays. Finding ways to grab breakfast now can result in better school performance, attendance and health for children if

they follow the routine after school starts.

Totally Tropical Smoothie is one way to help start a day right. Simply drain a can of pineapple and combine with milk, plain yogurt, honey and cracked ice in a blender, mixing until smooth.

Nectarine-Berry Cooler can be prepared in one batch to eat on the go and for those on summer break who rise later.

Substitute 1 banana and 1 tablespoon cocoa.

Paradise Blast Smoothie: Omit pineapple. Substitute 1 can (15½ ounces) tropical fruit salad or mixed fruit salad in light syrup, drained.

NECTARINE-BERRY COOLER

- 1 cup milk
- 1 cup plain yogurt
- ¼ cup packed brown sugar
- ¼ cup nectarines, pitted, sliced
- 2 cups fresh or frozen unsweetened strawberries

In blender, blend milk, yogurt and brown sugar until smooth. Add nectarines and strawberries. Blend until smooth. Pour mixture into glasses. Drink immediately or freeze about 2 hours until slushy. Makes 4 servings.

TOTALLY TROPICAL SMOOTHIE

- 1 can (8½ oz.) crushed pineapple in juice, drained
- ½ cup cracked ice
- ½ cup plain low-fat yogurt
- ½ cup milk
- 2 tsp. honey

In blender, whirl pineapple, ice, yogurt, milk and honey until smooth. Bananarama Split Smoothie: Omit pineapple.

Recipe

GREEK SALAD WITH SPICED ONION

- 6 cups thinly sliced red onion
- 3 (3 inch) cinnamon sticks, broken in half
- 8 whole cloves
- 2 cups water
- 1½ cups cider vinegar
- 1 cup sugar

In saucepan, combine onion, cinnamon, cloves,

water, vinegar and sugar. Cover. Bring to boil. Simmer 5 minutes. Cool in liquid.

Drain liquid and discard cinnamon. Cover and chill.

Makes 1 quart spiced onion.

Greek Salad: Line platter with 4 cups dark green lettuce. Top with 2 tomatoes sliced; 1 cucumber, sliced; and 1 cup spiced onion. Sprinkle with 2 tablespoons chopped mint and cracked pepper to taste.

For dressing, combine 2 tablespoons olive oil and juice from 2 fresh lemons.

Drizzle over salad.

Makes 4 servings.

Aegean Sandwich: Split loaf of crusty bread in halves. Scoop out centers. Spread lightly with reduced-fat mayonnaise.

Layer onto bread 1 cup sliced onion; 2 tomatoes, sliced; and 3 ounces thinly sliced feta cheese. Sprinkle with oregano. Cut bread in crosswise strips.

Makes 4 servings.

Tangy Patosallata: Peel, then boil 7 potatoes. Slice. Toss with 2 cups spiced onion, 1 cup plain low-fat yogurt.

TERIYAKI SAUCE

Saute ½ cup chopped onion and 1 tablespoon minced garlic in 2 teaspoons oil. Chicken broth or apple juice

until onion is limp. Add ¼ cup teriyaki sauce. Bring to boil. Simmer over low heat 15 minutes.

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until pink.
To make Peppered Lemon Fish, mix together ½ cup mayonnaise and ½ teaspoon lemon-pepper seasoning.

Spread mixture over both sides of 1 pound fish steaks. Broil or grill until fish flakes easily, turning once.
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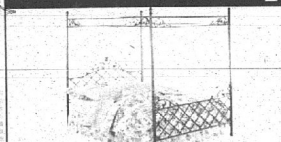
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Today's Food

Recipe

CHICKEN FLORENTINE

- 1 lb. fresh spinach, rinsed, stems removed
- 1 small onion, finely chopped
- 1/4 cup grated parmesan cheese
- Salt and pepper, if desired
- 8 boneless chicken breast halves, skinless if desired
- 4 slices baked ham, cut in half
- 4 slices Swiss cheese, cut in half
- 2 tbsp. butter or margarine
- Garlic powder, thyme and paprika

Preheat oven to 450° or covered grill to medium-hot.

Tear off four (12-by-18-inch) sheets of heavy duty aluminum foil.

Coarsely chop spinach. Place portion in center of lower half of each sheet of foil. Sprinkle with onion and parmesan cheese. Season with salt and pepper.

If necessary, pound chicken to 1/2-inch thickness for even cooking. Top each of 4 chicken pieces with slice of ham, cheese, then second piece of chicken.

Place chicken bundles on top of spinach. Dot with butter. Sprinkle with garlic powder, thyme and paprika. Wrap in foil, sealing edges and allowing space for packet to puff.

Cook 22 minutes. Transfer packets to dinner plates, using oven mitts. Cut "X" in top of packet. Fold back foil.

Makes 4 servings.

CHILLED MUSHROOM SALAD

Toss 8 ounces sliced fresh mushrooms with 2 tablespoons olive oil, 1/4 teaspoon lemon juice, 1/4 teaspoon tarragon, 1/4 teaspoon sugar and 1/4 teaspoon salt. Chill. Garnish with chopped fresh parsley just before serving. Makes 4 servings, 78 calories and 7 g fat each.

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FEELING FIT

By Mark Lymberopoulos

Employee health promotion programs by major companies are saving millions in health care costs. Despite expenses for gyms and diet programs, keeping employees healthy costs less than taking care of sick ones.

Caffeine cuts the blood supply to the brain as much as 25 percent after two cups of fresh brew, a Vanderbilt University study found.

Easy back stretch at your desk: put your hands on your shoulders, and try to cross your elbows together in front of you until you feel the stretch in your upper back. Feels good.

Americans are ordering more healthful food when they eat out, a National Restaurant Association survey shows. Fruit, vegetables, and whole grains are winning out over sugar and animal fats. Seafood is more popular, too.

Runners should increase distance gradually. Up your time by 10 percent. It may not seem like much—just a few minutes difference—but it's safe and effective.

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Multiple entries are void. You must be 18 years or older to enter. St. Clair Square store employees, mall employees and their respective families are not eligible to win. Entries must be received by August 18, 1996.

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Steak transfers onto plate of frilly greens

A steak, simply defined by Webster, is a cut of beef for broiling. That is a short view. It can be served directly from a grill, pan or broiler, or it can be sliced to use in sandwich or salad.

A colorful salad with beef bursts with ingredients that can be switched according to tastes. Beans, vegetables, sometimes cheese, maybe a special vinegar or ethnic flavoring all rotate by whim.

Steak and Black-Eyed Pea Salad takes about 25 minutes to prepare. Its savory dressing comes from olive oil, vinegar and garlic.

Lemon-Peppered Steak Salad combines salad greens with sirloin steak and a dressing of olive oil tempered with fresh lemon and peppery flavors. It was a finalist last year's National Beef Cook-Off.

Two brochures, "Grilled Beef" and "Marinate and Grill Beef Recipes," offer tips and recipes that make the most of grilling.

To receive them, send a self-addressed, stamped, business-size envelope to: Grilled Beef Recipes, National Cattlemen's Beef Association, 444 N. Michigan Ave., Department MGB, Chicago, Ill. 60611.

STEAK AND BLACK-EYED PEAS SALAD

2 boneless beef top loin steaks (¾ lb.), cut 1 inch thick
½ cup canned black-eyed peas, drained
6 cups torn mixed salad greens
½ cup julienne-cut carrot
½ cup julienne-cut turnip
¼ cup (1 oz.) crumbled blue cheese
Salt and pepper
Vinaigrette

Reserving 3 tablespoons of mixture, combine black-eyed peas with remaining Vinaigrette.

Heat nonstick skillet over medium heat until hot. Cook steaks 9 to 11 minutes for medium-rare to medium doneness, turning once. Season with salt and pepper. Let stand 10 minutes.

Trim fat from steak. Slice steak crosswise.

In large bowl, toss together beef, greens, black-eyed peas, carrot, turnip and reserved 3 tablespoons Vinaigrette. Season with more pepper, if desired. Sprinkle with cheese.

Vinaigrette: In small bowl, whisk together 3 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 small clove garlic (crushed), ¼ teaspoon salt and ¼ teaspoon sugar. Makes 4 servings.

LEMON-PEPPERED STEAK SALAD

1 boneless beef top sirloin steak (about 1 lb.), cut 1 inch thick
1 pkg. (10 oz.) torn mixed salad greens
¼ cup grated parmesan cheese
Dressing

Trim fat from steak. Cut lengthwise in half, then crosswise in strips ½-inch thick. Reserving ¼ cup Dressing, toss beef with remainder until it is coated.

Heat large nonstick skillet over medium-high heat until hot. Stir-fry beef, half at a time, 2 to 3 minutes until outside surface is no longer pink. Do not overcook. Using slotted spoon, remove from skillet.

In large bowl, toss greens with reserved ¼ cup Dressing until coated. Add cheese. Toss lightly.

Arrange beef over greens. Serve immediately. Makes 4 servings.

ORANGE FROSTY

In blender, combine 1 cup orange juice, 1 envelope whipped topping mix and 1 cup crushed ice. Blend at medium speed about 45 seconds until frothy. Pour into glasses. Garnish with orange slice, if desired. Makes three (¾-cup) servings.

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Today's Food

Melon easy to take home

Many people find their tastes graduate from watermelon as children to cantaloupe when their mature taste buds grow in. Honeydew often falls somewhere in the middle.

There is no mistaking the aroma of cantaloupe when it fills a summer market. It should be sweet and musky. Do not hesitate to sniff an individual melon.

The rind of a ripe cantaloupe should look like a golden netting covering a creamy yellow background. If the background is green, it is not yet ripe. An under-ripe cantaloupe can be left on the counter until it ripens.

Its blossom end (opposite the stem end) should yield slightly when pushed, but not be mushy. The melon is overripe if its seeds can be heard sloshing when it is shaken. The surface should be free from dents and bruises.

A fully-ripe cantaloupe should be refrigerated. It dries out easily. Seeds help keep it moist and fresh, so should be removed just prior to eating.

SKILLET PORK CHOPS WITH MELON AND GINGER SAUCE

- 1 medium cantaloupe (.6-inch diameter)
- 4 boneless pork loin chops, ¾ inch thick (1 lb.), trimmed of visible fat
- 1 tsp. sesame oil
- 1 cup tropical, peach or mango nectar
- 1 tbsp. finely chopped crystallized ginger
- 1 tsp. plus 1 tsp. cornstarch
- 3 green onions, sliced diagonally
- ½ cup short, thin red bell pepper strips
- 2 cups hot cooked rice (no salt added)
- Mint leaves, if desired

Cut cantaloupe in half crosswise. Remove seeds. With ¾- to 1-inch melon baller, scoop out balls of cantaloupe to yield 2 cups. In large nonstick skillet coated with nonstick cooking spray, quickly brown pork chops in sesame oil over medium-high heat about 5 minutes. Add ¾ cup nectar and ginger. Bring to boil. Reduce heat. Simmer, covered, 8 minutes.

Stir together cornstarch and remaining ¼ cup nectar. Push chops to one side; add cornstarch mixture, green onion and red pepper. Cook, stirring constantly, until mixture thickens.



Melon gives summer a good name when it gets around to sharing its flavor in a fruity sherbet.

Add cantaloupe balls. honeydew. Heat through.

Whip cream until stiff, while gradually beating in

sugar. Fold in melon mixture. Pour mixture into loaf pan.

MELON SHERBET AMANDINE

- 1 honeydew melon or 2 small very ripe cantaloupes
- 1 envelope plain gelatin
- 1 or 2 drops green food coloring, if desired
- 1 cup whipping cream
- ½ cup sugar
- 1 cup whole almonds, coarsely chopped, toasted

Remove rind and seeds from melon. Cube melon to get about 1 quart. In blender, process until smooth.

Mix ¼ cup pureed melon with gelatin in saucepan. Over low heat, stir until gelatin is dissolved. Blend with remaining pureed melon. Add food coloring, if using

Here are more timely summer Gardening Tips from the experts at

FRANK'S NURSERY & CRAFTS

Where Beautiful Things Begin

Although it's only August, it's a good time to begin thinking about a fall garden. You can reap a bounty of crops this fall if you plan and plant now. Good fall crops include beets, carrots, endive, kale, kohlrabi, lettuce, mustard, oriental vegetables, spinach, radishes and turnips.

If you get started now, come fall your garden will be as crowded as the football stadiums.

Plants May Be Thirsty

When you water your outdoor plants, water deeply. By deeply, we mean to a depth of at least six inches.

To check how deep the water penetrates, sprinkle for an hour or so. Give the ground a couple of hours to absorb the water, then, using a garden spade, measure the depth the water penetrated. Moist soil will stick to the spade, showing exactly how far down an hour of watering from your sprinkler went.

Don't water again until the top one to two inches of the soil begins to dry.

Give extra attention to plants set out this spring, since they're still establishing themselves and are more susceptible to dry conditions. Watering should be done in the morning or early afternoon as temperatures rise. This allows leaves to dry before evening, discouraging some fungus diseases.

After bearded irises bloom, divide and replace them every other year to maintain strong growth and flower production. Divide strong-growing portions from the clump's outer area, discarding the center. Remove the divided portion with two to three inches of rhizome attached. Cut foliage back by one-half or more. Set divisions in new locations and water immediately.

Dahlias should be fed every four weeks or so to produce flowers over a longer time. Dahlias feed heavily, so liberally apply water before and after feeding. Cut off old

blossoms. Keep budding gladiolus plants watered well with a mist spray, so on hot days they don't wilt and develop crooked stems.

Mulch More?

Keep an eye on your mulch! Organic mulches need to be replenished every now and then. If you let them go, all their moisture-retaining and weed-preventing qualities start to go with them. Add fresh mulch as it becomes necessary.

Make sure any decorative stone mulch remains in place. It can get kicked around, and if you have children, a stone can pop up anywhere in your yard, even the neighbor's. And you don't want to find a stone with the lawn mower.

Birds

Make sure you keep your bird feeder(s) full of fresh, dry seed. Get rid of any seed that is wet or moldy, since it can make the birds sick. If you're not feeding the birds regularly, why not start? It's a great hobby any time of year! And Frank's can supply everything you'll need but the birds.

Weeds

Weeds popping up from under the deck or between the patio blocks? Simple. Give 'em a squirt of Ortho's Triox. Be careful, though, since this will kill anything it contacts. Avoid using on a windy day, and be especially careful next to your neighbor's property.

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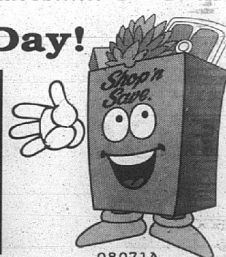


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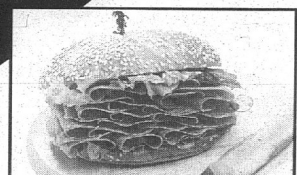
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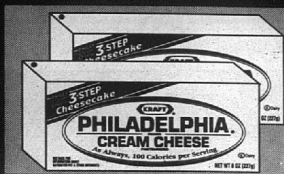
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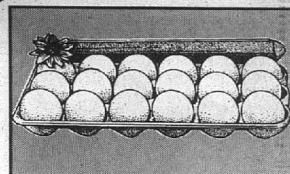
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Capri Sun
Drinks

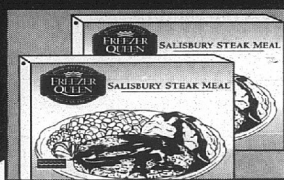
2/\$4
10-PACK

ASSORTED VARIETIES
Maul's
Barbecue Sauce.. **199**
24-OZ. BTL.

Kellogg's
Corn Pops... **338**
18.8 OZ. BOX

ASSORTED VARIETIES
Franco American
Gravy... **2/\$1**
10.25-10.5
OZ. CAN

ASSORTED VARIETIES
Harlan Bigger
Better Bagels... **89¢**
6-PACK



ASSORTED VARIETIES
Freezer Queen
Dinners

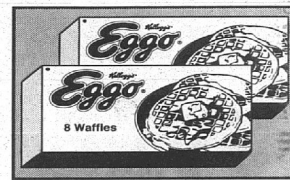
69¢
6-10 OZ.
PKG.

ASSORTED VARIETIES
Lysol Spray
Disinfectant... **299**
12-OZ. CAN

Creamette
Elbow Macaroni.. **67¢**
16-OZ.
PKG.

Steakhouse
Lighter Fluid.... **2/\$3**
32-OZ.
CAN

REG. OR LIGHT
Shop 'n Save
Fruit Cocktail... **59¢**
16-OZ.
CAN



ASSORTED VARIETIES
Eggo
Waffles

2/\$3
8.6-11 OZ.
PKG.

GIANT ROLL
Reynolds
Aluminum Foil... **499**
200-FT.
ROLL

ALL READY
Pillsbury
Pie Crust... **199**
15-OZ. PKG.

APPLE OR CHERRY
Banquet
Pies... **99¢**
20-OZ.
PKG.

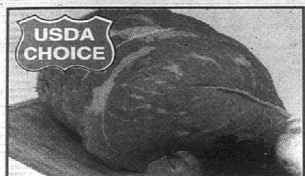
ASSORTED VARIETIES
La Choy
Chow Mein... **249**
42-OZ. PKG.
08073A.

Taste Of Summer Sale



LEAN MEATY
Pork Spare Ribs

139
lb. LIMIT 3 PKGS.



USDA CHOICE CORN FED BEEF
Boneless Sirloin
Tip Roast

179
lb.

SLICED
Hygrade
Bologna..... **129**
1-LB. PKG.

Klements
Bratwurst..... **219**
lb.

Louis Rich
Turkey Franks **99¢**
1-LB. PKG.



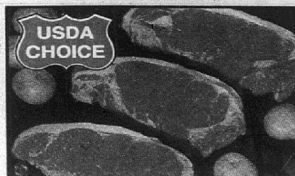
BI-RITE, FROZEN
Boneless, Skinless
Chicken Breast

699
3-LB. BAG

TURKEY
Louis Rich
Smoked Sausage **219**
14-OZ. PKG.

MAPLE FLAVOR
Surrey Farm
Sliced Bacon..... **199**
1-LB. PKG.

ASSORTED VARIETIES
Farmland
Lunchmeats..... **99¢**
12-OZ. PKG.



USDA CHOICE CORN FED BEEF
Bone-in
Strip Steak

399
lb.

Seitz Jumbo
Hot Dogs..... **99¢**
1-LB. PKG.

ROPE, LINKS OR PATTIES
Perri Italian
Sausage..... **269**
1-LB. PKG.

BROWN & SERVE
Swift Premium **99¢**
Sausage..... 7-S OZ. PKG.



Jennie-O
Ground Turkey

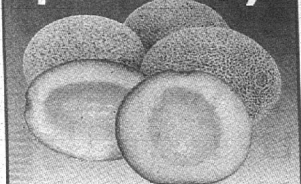
79¢
1-LB. ROLL

BEEF OR CHICKEN
Delimex
Rice Bowls..... **2/\$4**

R.B. Rice
Pork Sausage..... **219**
1-LB. ROLL

USDA CHOICE CORN BEEF
Sirloin Tip
Steak..... **199**
lb.

Just Received This
Special Buy!



15-COUNT
Medium Size
Cantaloupe

3/\$1
LIMIT 12, PLEASE

California
Plums..... **88¢**
lb.

CALIFORNIA
Valencia
Oranges..... **198**
4-LB. BAG

CALIFORNIA
Sweet-Ripe
Strawberries..... **98¢**
lb.



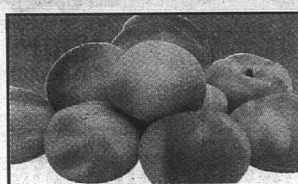
California
Nectarines

88¢
lb.

CALIFORNIA
Green
Onions..... **3/98**
BUNCHES

Fresh Red
Radishes..... **78¢**
1-LB. BAG

The Finest Quality
& Selection!



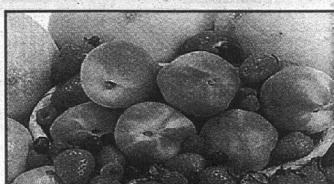
SWEET-RIPE
California
Peaches

88¢
lb.

Dole Classic
Salad Blend..... **248**
3-LB. BAG

Ozark Microwave
Popcorn..... **3/\$1**
3-OZ. PKG.

FRUIT FLAVORED
Rainbow
Drinks..... **8/98**
8-OZ. BTL.



Try These
Exotic Varieties!
NOT AVAILABLE AT ALL STORES

Fresh Leek..... **98¢**
lb.
FRESH
Bean Sprouts..... **68¢**
lb.
SLICED
Portabella Mushrooms **198**
4-OZ. PKG.
FRESH
Celantro..... **88¢**
BUNCH
MELISSA'S
Risoto..... **138**
1-LB. BAG
MELISSA'S DRIED
Jackfruit..... **278**



Shop 'n Save
The more you shop the more you save. SM

S M T W T F S
7 8 9 10
08074A

• PRICES GUARANTEED THRU AUGUST 10, 1996 AT ALL ST. LOUIS METRO STORES ONLY
• WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

Shop 'n Save
**DOUBLE YOUR
MONEY BACK**
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE

**WE TAKE
PLASTIC!**


Classified

CALL 877-7700 OR 876-2000
Hours: Monday-Friday 8 am-5:00 pm • Closed Saturday & Sunday
1-800-766-FAST (3278)
For Commercial Rates Call 877-7700. Help Wanted 876-2000.

**TRANSPORTATION
1**

**EMPLOYMENT
210**

**NOTICES
400**

**SERVICES
700**

**MERCHANDISE
1700**

**REAL ESTATE
2100**

**RENTALS
2600**

HOW TO...



PLACE AN AD
There are four easy ways to place your ad.
BRING IT: 1815 Delmar Ave., Granite City, IL 62040.
PHONE IT: Call 877-7700 or dial 876-2000. Phone lines are open from 8 a.m.-5 p.m. Monday through Friday.
FAX IT: Send your ads directly to our Classified Fax Center at 618-876-2400. We'll call you back for confirmation.
MAIL IT: Send your ads to: Classified, Granite City Press Record Journal, 1815 Delmar, Granite City, IL 62040.



PAY FOR AN AD
You will be billed immediately following last run day. You may pay in person, through the mail, or over the phone or fax. We accept cash, checks and credit cards (MC/Visa) have your credit card ready. When faxing you, just include your credit card number. We'll call you back for confirmation. Please do not send cash through the mail. Some ads require prepayment.



WRITE AN AD
Capture the reader's attention with larger headlines, bold type, and symbols. Tell them up front what you're selling or seeking. Describe what is unique about your item, adding details such as color and condition. Avoid abbreviations; they make your ad harder to read and therefore less effective. Include your phone number and the hours you are available. Always include the price; it will increase your responses.



CANCEL AN AD
Deadlines for ad cancellation are identical to deadlines for ad placement. You may cancel an ad in person or over the phone. To cancel an ad, phone 877-7700.



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PSST! HAVE YOU HEARD ABOUT THE BLOWOUT DEALS AT KOETTING FORD!

JERRY KOETTING

NEW '96 ASPIRE \$1,100⁰⁰ CASH BACK

NEW '96 ESCORT LX 3 DR \$900⁰⁰ CASH BACK

NEW '96 CROWN VICTORIA \$1,000⁰⁰ CASH BACK

NEW '96 CONTOUR \$600⁰⁰ CASH BACK

NEW '96 TAURUS

6.9% FINANCING AVAILABLE

NEW '96 F-SERIES \$600⁰⁰ CASH BACK

NEW '96 RANGER \$1,000⁰⁰ CASH BACK

NEW '96 WINDSTAR \$1,500⁰⁰ CASH BACK

FORD FACTORY PROGRAM VEHICLES

'95 MUSTANG CPE. \$14,999

'95 ESCORT '95 T-BIRD '95 TRACER SAVE \$1,000's

LOW MILEAGE! NEW CAR FINANCING RATES AVAILABLE

Balance of 3 year 36,000 mile Factory Warranty

'92 TAURUS GL 4 DR \$14,999

'94 CHEVY BERETTA 2-26 AUTO, A/C, LOADED \$29,999

'93 SUNBIRD AUTO, A/C, P/S & P/B \$29,999

'94 EXPLORER XL AUTO, A/C, W/4 WHEEL DRIVE \$29,999

'95 T-BIRD LX 8 CYL, AM/FM CAS, TILT/CRUISE, POWER WINDOWS, POWER SEAT, B&O, P&C, W/4 WHEEL DRIVE \$29,999

'93 JEEP CHEROKEE 4 WHEEL DRIVE AND ALL EQUIPMENT WITH 56,000 MILES \$29,999

'91 CAVALIER 2 DR, AUTO, A/C, SUNROOF & MORE \$29,999

'95 PROBE SE \$13,999

1995 SABLE & TAURUS GL 4 DOOR SAVE \$1,000's

2000 MONDAY THRU FRIDAY 7-9:30 A.M. TO 5:00 P.M. A Full Service Dealer • SALES • PARTS • COMPLETE BODY REPAIR FACILITIES

KOETTING FORD INC.

OPEN MONDAY THRU FRIDAY 7-9:30 A.M. TO 5:00 P.M. A Full Service Dealer • SALES • PARTS • COMPLETE BODY REPAIR FACILITIES

1815 DELMAR AVE. GRANITE CITY, IL 62040 (314) 867-9218

You've known all along your family belonged in a cage.

How about a steel one? At Saturn, we refer to this "cage" as a spaceframe. It's really a reinforced structure made with front and rear "crumple zones" that help dissipate the energy of a crash before it reaches your family. It's a great cage for the family.

It's a great cage for the family. (And one size fits all.)

A DIFFERENT KIND of COMPANY. A DIFFERENT KIND of CAR.

'97 SATURN SL \$10,595

SATURN Of North County

3052 Pershall Rd. (270 & West Florissant) Ferguson, Mo. (314) 524-5400 • 1-800-358-9873

SATURN Of Metro East

501 Salem Place Fairview Heights, Illinois (618) 624-6400 • 1-800-791-9700

☆ \$1000N/\$4,995 ☆
We Finance Almost Anyone
Dealers 7111 Manchester 549-2823

95 METRO
2 door, red, auto, ac.
19000M, stk #1264P, \$8,660

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North County 524-5400

92 TRACKER
2 dr, blu conv, am/tri
58xxxM, stk #961128,
\$8,450

 **SATURN**
North County 524-5400

Call today to

CREDIT CLINIC

FINANCING FOR EVERYONE

NO CREDIT APPLICATION REFUSED

*** On The Spot Financing**

*** No Credit Application Refused**

*** Credit Professionals On Site**

*** Take The New Car Or Truck Of Your Choice Home Today!!!**

BANKRUPTCIES DIVORCE STAX LIENS SLOW CREDIT

SECOND CHANCE

NEW FINANCING ALMOST ANYONE



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TOPEKA, KS 66606


783-1122

JOURNAL CLASSIFIEDS

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Chris **GUFFENBERG**  **MITSUBISHI**
CHEVROLET  GEO

LINDERBERG & MANCHESTER IN KIRKWOOD
"Easy To Get To From Anywhere"
CHEVROLET 1-800-467-0943 965-0943
SALES & LEASING - MITSUBISHI 965-5111



"NEW PROGRAM"
FOR CREDIT PROBLEM CUSTOMERS


FOR CREDIT PROBLEM CUSTOMERS

★ Low Money Factors

★ Short Term Loans

★ New Or Used Vehicles

YOU DON'T HAVE TO DRIVE JUNK!



Mick Hoepfinger

843-4431 or

FAX 843-5126 11700 Gravois, St. Louis 63121

SUNSET FORD

Can you afford a minimum cash down payment of \$1000?
2. Do you have a verifiable net income of \$1200 per month?

Can you afford a minimum cash down payment of \$1000?
2. Do you have a verifiable net income of \$1200 per month?

Quality Yourself!

Are you able to afford monthly payments at or below \$1000?
Do you have a minimum of 2 years on the job of 2 years or more income?

NAME First Middle Last

ADDRESS Number & Street City County State Zip

Send By Mail: Leftmost Of Mortgage Notice (Name, Address & Phone #)

PREVIOUS ADDRESSES Number & Street City County State Zip

Employed Name of Company Address City State Phone #

Trade Or Occupation Salary Hours Before Taxes Name of Previous Employer Address

Date Of Birth

Phone #

Live There Yes/No

Max. Payment

Live There Yes/No

How Long? Years/Months

How Long? Years/Months

S

To receive the above rates and terms, you must sign a promissory note, and your model and employment history must be reviewed and approved by the 1000 Credit Bureau.

Signature **Doc. Sec. 1**

SUNSET FORD
11700 GRAVOIS
ST. LOUIS, MO 63127

PROBLEM:

“ My credit was not what it should be,
but I needed a good car. ”

SOLUTION:

SOLUTION.

“ At J.D. Byrider, I got a great car and there were no hassles about my credit. ”


SLOW CREDIT? NO CREDIT? WE CAN HELP!

LOAN BY PHONE

24 HOUR AUTO LOAN HOT LINE


NO CREDIT APPLICATION REFUSED
1-800-976-2255
3620 North Belt West
BELLEVILLE
236-7231

J.D. BYRIDERS **WE GOT THE CREDIT YOU GOT THE CARS**



GEO TRACKERS
S-10 TRUCKS
LINE OF BLAZERS

ECHT
AMERICAN



11 259-4900

[illegible]

<p>AGENT on available neutants in sales posi- tions. No Apply in per- son. No fee.</p> <p>NO \$1538</p> <p>MANAGER in property management positions. No fee. No com- mission. No experience necessary.</p>	<p>SCHEDULER/ DISPATCHER positions. No experience necessary. No fee. No com- mission. No experience necessary.</p> <p>NO \$1538</p> <p>MANAGER in property management positions. No fee. No com- mission. No experience necessary.</p>	<p>WE ARE LOOKING FOR A LOYAL, DEPEND- ABLE AND CAPABLE SECRETARY IN SUPPORT OF THE OWNER. MUST HAVE EXPERIENCE AND COM- PUTER SKILLS. RE- SULTS ORIENTED. MUST BE ABLE TO HANDLE CUSTOMER REQUESTS AND INFORMATION DISPATCHING. CUSTOMER PROBLEM SOLVING AND PREVENTION OF MANAGEMENT PROBLEMS.</p> <p>Candidates will be required to have a typing and computer word processing test and as well as a computer work test. No fee.</p>	<p>WE ARE LOOKING FOR A LOYAL, DEPEND- ABLE AND CAPABLE SECRETARY IN SUPPORT OF THE OWNER. MUST HAVE EXPERIENCE AND COM- PUTER SKILLS. RE- SULTS ORIENTED. MUST BE ABLE TO HANDLE CUSTOMER REQUESTS AND INFORMATION DISPATCHING. CUSTOMER PROBLEM SOLVING AND PREVENTION OF MANAGEMENT PROBLEMS.</p> <p>Candidates will be required to have a typing and computer word processing test and as well as a computer work test. No fee.</p>	<p>WE ARE LOOKING FOR A LOYAL, DEPEND- ABLE AND CAPABLE SECRETARY IN SUPPORT OF THE OWNER. MUST HAVE EXPERIENCE AND COM- PUTER SKILLS. RE- SULTS ORIENTED. MUST BE ABLE TO HANDLE CUSTOMER REQUESTS AND INFORMATION DISPATCHING. CUSTOMER PROBLEM SOLVING AND PREVENTION OF MANAGEMENT PROBLEMS.</p> <p>Candidates will be required to have a typing and computer word processing test and as well as a computer work test. No fee.</p>	<p>WE ARE LOOKING FOR A LOYAL, DEPEND- ABLE AND CAPABLE SECRETARY IN SUPPORT OF THE OWNER. MUST HAVE EXPERIENCE AND COM- PUTER SKILLS. RE- SULTS ORIENTED. MUST BE ABLE TO HANDLE CUSTOMER REQUESTS AND INFORMATION DISPATCHING. CUSTOMER PROBLEM SOLVING AND PREVENTION OF MANAGEMENT PROBLEMS.</p> <p>Candidates will be required to have a typing and computer word processing test and as well as a computer work test. No fee.</p>	<p>WE ARE LOOKING FOR A LOYAL, DEPEND- ABLE AND CAPABLE SECRETARY IN SUPPORT OF THE OWNER. MUST HAVE EXPERIENCE AND COM- PUTER SKILLS. RE- SULTS ORIENTED. MUST BE ABLE TO HANDLE CUSTOMER REQUESTS AND INFORMATION DISPATCHING. CUSTOMER PROBLEM SOLVING AND PREVENTION OF MANAGEMENT PROBLEMS.</p> <p>Candidates will be required to have a typing and computer word processing test and as well as a computer work test. No fee.</p>
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[illegible][illegible][illegible]

320 HELP WANTED

DELIVERY DRIVER
If you are a detail oriented person with a good work ethic, we may be the company for you. We are JASPER'S ENGINES & TRANSMISSIONS, the nation's leading retailer of drive shafts and transmission components. Due to continuing growth, we are seeking for someone to fill such driving duties in our St. Louis warehouse. Responsibilities include everything from delivery of product to general warehouse work.

Delmar Gardens North
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• 401K
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• \$5.60 Delmar Plus An Hour
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• 10000 Delmar Gardens North
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HELP WANTED
Person who can teach basic piano skills to 10 yr & 5 yr old students. Hrs: 3:30 p.m. - 6:30 p.m. Mon thru Fri during school semester. Leave message
Call 618-271-1116 (M-F)

PHARMACY TECHNICIAN
VENTURE PHARMACY is seeking a Pharmacy Technician to work full time. The ideal candidate will have a high school diploma and be able to work in a fast paced environment. The position involves preparing prescriptions, maintaining inventory, and assisting the pharmacist. The position is open in our St. Louis location. Call 636-386-2200 Ext. 114, Drug

330 CHILD CARE
We are seeking a child care worker for our St. Louis location. The ideal candidate will have a high school diploma and be able to work in a fast paced environment. The position involves preparing prescriptions, maintaining inventory, and assisting the pharmacist. The position is open in our St. Louis location. Call 636-386-2200 Ext. 114, Drug

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COLOSAL CLASSIC CARS

COLOSAL CLASSIC CARS is seeking experienced salespersons to sell new and used cars. We offer a competitive salary and commission plan. If you are interested, please call for an interview.

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12500 APPLIANCES

Call for details.

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12500 APPLIANCES

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12500 APPLIANCES

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Love cats, dogs, Mom, Grandma & Dad.



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MANAGER/OFFICE

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3. Lose 1 lb. of Fat

4. Repeat 1-3

5. Lose 10 lbs. of Fat

6. Repeat 1-5

7. Lose 20 lbs. of Fat

8. Repeat 1-7

9. Lose 30 lbs. of Fat

10. Repeat 1-9

11. Lose 40 lbs. of Fat

12. Repeat 1-11

13. Lose 50 lbs. of Fat

14. Repeat 1-13

15. Lose 60 lbs. of Fat

16. Repeat 1-15

17. Lose 70 lbs. of Fat

18. Repeat 1-17

19. Lose 80 lbs. of Fat

20. Repeat 1-19

21. Lose 90 lbs. of Fat

22. Repeat 1-21

23. Lose 100 lbs. of Fat

24. Repeat 1-23

25. Lose 110 lbs. of Fat

26. Repeat 1-25

27. Lose 120 lbs. of Fat

28. Repeat 1-27

29. Lose 130 lbs. of Fat

30. Repeat 1-29

31. Lose 140 lbs. of Fat

32. Repeat 1-31

33. Lose 150 lbs. of Fat

34. Repeat 1-33

35. Lose 160 lbs. of Fat

36. Repeat 1-35

37. Lose 170 lbs. of Fat

38. Repeat 1-37

39. Lose 180 lbs. of Fat

40. Repeat 1-39

41. Lose 190 lbs. of Fat

42. Repeat 1-41

43. Lose 200 lbs. of Fat

44. Repeat 1-43

45. Lose 210 lbs. of Fat

46. Repeat 1-45

47. Lose 220 lbs. of Fat

48. Repeat 1-47

49. Lose 230 lbs. of Fat

50. Repeat 1-49

51. Lose 240 lbs. of Fat

52. Repeat 1-51

53. Lose 250 lbs. of Fat

54. Repeat 1-53

55. Lose 260 lbs. of Fat

56. Repeat 1-55

57. Lose 270 lbs. of Fat

58. Repeat 1-57

59. Lose 280 lbs. of Fat

60. Repeat 1-59

61. Lose 290 lbs. of Fat

62. Repeat 1-61

63. Lose 300 lbs. of Fat

64. Repeat 1-63

65. Lose 310 lbs. of Fat

66. Repeat 1-65

67. Lose 320 lbs. of Fat

68. Repeat 1-67

69. Lose 330 lbs. of Fat

70. Repeat 1-69

71. Lose 340 lbs. of Fat

72. Repeat 1-71

73. Lose 350 lbs. of Fat

74. Repeat 1-73

75. Lose 360 lbs. of Fat

76. Repeat 1-75

77. Lose 370 lbs. of Fat

78. Repeat 1-77

79. Lose 380 lbs. of Fat

80. Repeat 1-79

81. Lose 390 lbs. of Fat

82. Repeat 1-81

83. Lose 400 lbs. of Fat

84. Repeat 1-83

85. Lose 410 lbs. of Fat

86. Repeat 1-85

87. Lose 420 lbs. of Fat

88. Repeat 1-87

89. Lose 430 lbs. of Fat

90. Repeat 1-89

91. Lose 440 lbs. of Fat

92. Repeat 1-91

93. Lose 450 lbs. of Fat

94. Repeat 1-93

95. Lose 460 lbs. of Fat

96. Repeat 1-95

97. Lose 470 lbs. of Fat

98. Repeat 1-97

99. Lose 480 lbs. of Fat

100. Repeat 1-99

101. Lose 490 lbs. of Fat

102. Repeat 1-101

103. Lose 500 lbs. of Fat

104. Repeat 1-103

105. Lose 510 lbs. of Fat

106. Repeat 1-105

107. Lose 520 lbs. of Fat

108. Repeat 1-107

109. Lose 530 lbs. of Fat

110. Repeat 1-109

111. Lose 540 lbs. of Fat

112. Repeat 1-111

113. Lose 550 lbs. of Fat

114. Repeat 1-113

115. Lose 560 lbs. of Fat

116. Repeat 1-115

117. Lose 570 lbs. of Fat

118. Repeat 1-117

119. Lose 580 lbs. of Fat

120. Repeat 1-119

121. Lose 590 lbs. of Fat

122. Repeat 1-121

123. Lose 600 lbs. of Fat

124. Repeat 1-123

125. Lose 610 lbs. of Fat

126. Repeat 1-125

127. Lose 620 lbs. of Fat

128. Repeat 1-127

129. Lose 630 lbs. of Fat

130. Repeat 1-129

131. Lose 640 lbs. of Fat

132. Repeat 1-131

133. Lose 650 lbs. of Fat

134. Repeat 1-133

135. Lose 660 lbs. of Fat

136. Repeat 1-135

137. Lose 670 lbs. of Fat

138. Repeat 1-137

139. Lose 680 lbs. of Fat

140. Repeat 1-139

141. Lose 690 lbs. of Fat

142. Repeat 1-141

143. Lose 700 lbs. of Fat

144. Repeat 1-143

145. Lose 710 lbs. of Fat

146. Repeat 1-145

147. Lose 720 lbs. of Fat

148. Repeat 1-147

149. Lose 730 lbs. of Fat

150. Repeat 1-149

151. Lose 740 lbs. of Fat

152. Repeat 1-151

153. Lose 750 lbs. of Fat

154. Repeat 1-153

155. Lose 760 lbs. of Fat

156. Repeat 1-155

157. Lose 770 lbs. of Fat

158. Repeat 1-157

159. Lose 780 lbs. of Fat

160. Repeat 1-159

161. Lose 790 lbs. of Fat


162. Repeat 1-161

163. Lose 800 lbs. of Fat

164. Repeat 1-163

165. Lose 8

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...retired based in wate. I am
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...collar, I am
...I have lost a ball call 6031
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<p>PN/Certified Child Assistant</p>	<p>7 Day Caribbean Cruise for two persons on the LOUIS hard swim wear stores - Dr. Swimt</p>	<p>1 of 2 \$250 Gift Certificates from Louie's hard swim wear stores - Dr. Swimt</p>	<p>1 of 10 Spa Packages from Louie's hard swim wear stores - Dr. Swimt</p>	<p>\$5 Gift Certificates to Mrs. Fields</p>	<p>SEARS HOME LIFE FURNITURE STORE "IMPROVE YOUR HOME LIFE" ROOM MAKE OVER</p>	<p>53M-58566 M-8-58-4PM</p>
<p>GRAND PRIZE!</p>	<p>1ST PRIZE!</p>	<p>2ND PRIZE!</p>	<p>3RD PRIZE!</p>	<p>SPONSORED BY</p>	<p>1. ELIGIBILITY: NO PURCHASE NECESSARY TO ENTER OR CLAIM PRIZE. Open to U.S. residents 18 years of age or older. Employees of Sears, its subsidiaries, affiliates, advertising and promotion agencies and members of their immediate households are ineligible. Void where prohibited.</p> <p>2. TO ENTER: Complete an official entry form by printing your name, age, address and telephone number. Place in the envelope provided. Drop in any of the 1000 Home Life Furniture Stores in Greenwood, Buvarney Heights, or in Northwest Florida, and Jacksonville Mall in Jacksonville, Florida. Drawing on August 30, 1996.</p> <p>3. PRIZES: Grand Prize: 100% off the purchase of a new sofa, sectional sofa or bed, up to \$2000 per person per day. No mechanical restrictions permitted. All entries become the property of Sears, Roebuck and Company. Grand prize ends 8/30/96.</p>	<p>Be A Team Player Score high as a CNA. Join our team at Freiburg Care Center. We have positions now available with Highly Competitive Great</p>

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